

Healthy Lunchbox and Snack Guide



At Trinity First School we aim to educate our children with the skills, knowledge and understanding to help them be able to make healthy lifestyle choices. We have created this guide to provide suggestions of a healthy and balanced lunchbox, which you may find useful.

Lunch box guidelines

Our recommended contents of a healthy lunchbox are:

- A portion of carbohydrate food e.g. bread, wraps, crackers, pasta or rice
- Plenty of fruit and vegetables e.g. an apple, orange, banana, carrot sticks, cucumber, raisins or any other fruit or vegetable
- A portion of dairy/vegan alternative e.g. yoghurt, cheese, boiled egg
- A drink e.g. water, juice or carton of milk
- One small biscuit or cake e.g. a fairy cake, penguin biscuit or cereal bar – this is not necessary but is equivalent to a school meal dessert

Packed lunches at Trinity must not include:

- Any nuts – this includes peanut butter, Nutella and some other chocolate spreads. This is really important as there are some children with severe allergies in school.
- Chocolate bars or sweets
- Fizzy drinks



Snacks

All children in EYFS and KS1 are provided with a fresh piece of fruit daily as part of the Government scheme. In KS2 children are able to bring in their own fruit snack from home.

Recommended snacks include:

- Fresh fruit – apples, satsumas, bananas, kiwi, melon, mango, strawberries, raspberries, blueberries
- Fresh vegetables – sliced peppers, cucumber, celery, carrot sticks, mangetout, tomatoes

Tips for a healthier lunch box

- Try to vary the contents of the lunch box
- Involve your child in prepping their lunch box – they are more likely to enjoy food if they have made it themselves
- If your child doesn't like brown bread, try a 50/50 variety or one slice of white and a slice of wholemeal
- You can use leftovers for lunchboxes, e.g. pasta and sauce, quiche or vegetable pizza