

Healthy Food Choices

Eating well is important. A healthy, enjoyable lunch gives the children the nutrients and energy they need to learn and play successfully in school.



Keep them fuller for longer

Base the main lunchbox item on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.



Variety is the spice of lunch!

Be adventurous and get creative to mix up what goes in their lunchbox. Keeping them guessing with healthier ideas will keep them interested and more open to trying things.



Get them involved

Get your kids involved in preparing and choosing what goes in their lunchbox. They are more likely to eat it if they helped make it.



Switch the sweets

Swap cakes, chocolate, cereal bars and biscuits for fruited teacakes, fruit breads or fruit (fresh, dried or tinned – in juice not syrup).



Ever green

Always add salad to sandwiches and wraps too – it all counts towards your child's 5 A Day!



Cut down on crisps

If your child really likes their crisps try reducing the number of times you include them in their lunchbox, and swap for homemade plain popcorn or plain rice cakes instead.



Add bite-sized fruit

Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown.



Sandwich fillings

Include a source of protein, such as chicken, turkey, tuna, egg, cheese, or hummus. We request no chocolate spread.



Fizzy Drinks

Carbonated drinks are not permitted in lunch boxes. Water is preferred or cordial juice at lunchtime.

Snacks at Playtime

Pupils in Reception and KS1 get a free piece of fruit each day. KS2 pupils are encouraged to bring in a piece of fresh or dried fruit only for playtime. Please be aware that chocolate, biscuits and crisps should not be brought for snacks. Any grapes must be cut into quarters as they are a choking hazard.

