HEALTHY PACKED LUNCHES



**We encourage all our children to eat healthily and we follow healthy schools’ advice from other agencies, who support us.**

**Packed Lunches should ideally contain a sandwich (or substitute), fruit, low fat yoghurt and a non-fizzy drink.**

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**Useful guidance can be found on the NHS Change 4 Life Healthier Lunchboxes link:**

[**https://www.nhs.uk/change4life/recipes/healthier-lunchboxes**](https://www.nhs.uk/change4life/recipes/healthier-lunchboxes)

**We know that some children will often prefer to eat sweet things at lunchtime, but we continue to ask that you DO NOT send your child with:**

**chocolate bars, sweets or fizzy drinks.**

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**If children have a lot of sweet things in their packed lunch, we will help them to make the right choices about what to eat.**

***\*We recently sent some information out to families regarding the healthy and balanced school lunches that infant children are entitled to, FREE OF CHARGE. These are a great option for young children\*.***