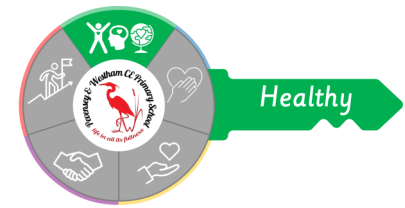


PACK A HEALTHY LUNCHBOX



Packing a healthy lunchbox can be a challenge when facing fussy eaters, the rising cost of living and conflicting messages around products which advertise as being a healthy option.

At PaWS we ask families to support us in:

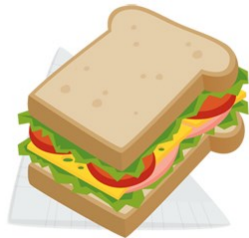
- Making a positive contribution to children's health as part of preparing them to lead a *'life in all its fullness'*.
 - Encouraging a happier and calmer atmosphere in school
 - Promoting consistency between packed lunches and food provided by schools which must adhere to national school food standards.
- Please visit www.childrensfoodtrust.org.uk/schools/the-standards

Portion size is important and it is recommended that your child has:

- One portion of carbohydrates filled with a protein
- One portion of fruits or vegetables
- One portion of dairy products
- An occasional treat such as a cake or small packet of crisps
- Children should bring in water to school to drink

Carbohydrates

- Sandwich
- Wrap
- Pitta bread
- Pasta
- Couscous



Fruit and Vegetables

- Fruit pot
- Salad
- Fruit or veg sticks
- Dried fruit

Protein

- Fish
- Meat
- Cheese
- Egg
- Hummus
- Vegan alternative

Dairy

- Yoghurt
- Rice pudding
- Cube of cheese

Occasional snack

- Plain popcorn
- Jelly
- Flapjack
- Cake bar
- Cereal bar
- Small packet of crisps



Please Remember

We are a nut free school. This includes peanut butter and Nutella



Click below for further information and guidance:

- [Help with fussy eaters](#)
- [Healthy lunch box ideas](#)
- [Reducing waste](#)