

# Packed Lunch Policy at New Horizons Primary School

Every Day in my lunchbox there should be...



## Energy

A sandwich, bagel wrap or crackers



**OR**

A dish of potato, rice or pasta



*(Wholegrain bread or pasta is best or 50/50)*

## Protein

Add a portion of lean meat, fish, eggs or beans to your child's energy food to provide protein, iron and zinc to help them grow.



## Dairy

Add a portion of milk, cheese, yoghurt or fromage frais to provide calcium for strong teeth and bones.



## Fruit and Vegetables

Add at least 2 portions of fruit or vegetables. These will give your child vitamins and minerals which will help to protect them.



## And to drink...

Water is the best choice to accompany your child's lunch. You can add some sugar free squash or some fruit juice.



## Optional Extra Food

You can add one treat such as such as a packet of Mini Cheddars, a small muffin, biscuit or packet of crisps (nothing from the sweet aisle please)

**4 to 6 year olds should have no more than 19g of sugar a day and 7 to 10 year olds no more than 24g**

This policy has been written in conjunction with our school nurse team and the NHS 'Eat Well' and 'Change for Life' websites.

If your child has any allergies or special dietary requirements, please make us aware so that we can support them.

Due to allergies **no nuts** including peanut butter are allowed in school.

**Thank you for helping us to educate your child on how to make responsible choices.**

