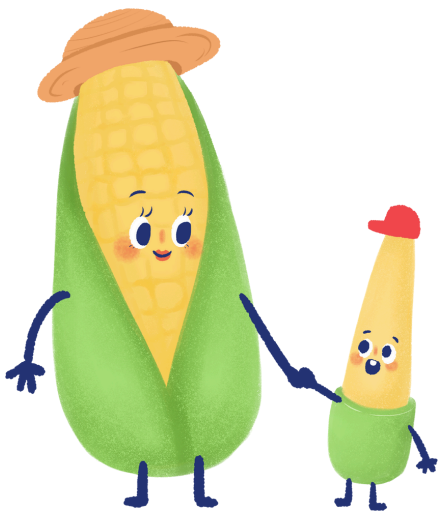
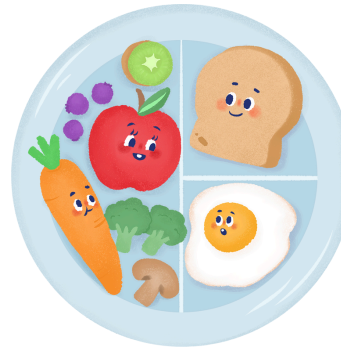


# PACKED LUNCH GUIDELINES

We want our children to enjoy their lunch whether they have school dinners or bring in food from home. Below is an example of a healthy, affordable packed lunch that includes foods from each of the main food groups.



**SANDWICH**  
**CARROT/ CUCUMBER STICKS**  
**YOGHURT**  
**RAISINS**  
**PACKET OF CRISPS**  
**BISCUIT**  
**PIECE OF FRUIT**

**WE ASK THAT YOU DO NOT INCLUDE FIZZY DRINKS OR SWEETS IN PACKED LUNCHES BECAUSE THEY ARE VERY HIGH IN SUGAR.**

If you would like more information about the government's new school food standards and their suggestions for packed lunches, please ask your child's class teacher for a leaflet. 'Eat well, move more, live longer' - Change for life'

