

Healthy Packed Lunches

At Fairview we continue to promote healthy lifestyles, and as part of this would like to send a reminder about the importance of children having a healthy lunch.

If you chose to send your child in with a packed lunch, we recommend the following **should** be included:

- At least one portion of fruit or vegetables every day (e.g. apple, banana, carrot sticks, etc.) Please remember that grapes need to be halved length ways)
- A starchy food such as any type of bread, pasta, rice, noodles, potatoes (e.g. a sandwich or roll with a healthy filling, pasta salad, rice and vegetables etc.) Healthy fillings can include meat, fish or other source of dairy/non-dairy protein.
- Dairy food such as milk, cheese, yoghurt or fromage frais.

Packed lunches **should not** include:

- Sugary or fizzy drinks – water is provided at lunch time, or you can supply your own healthy drink (water, juice, milk)
- Chocolate bars
- Nuts – we are a nut free school
- Hot food

We know that children enjoy treats such as cereal bars, crisps, biscuits etc., which is fine as long as this is part of a healthy, balanced lunch that includes the recommendations above.

Some helpful tips:

- Providing fruit cake, malt loaf, tea cakes as a replacement for chocolate and biscuits.
- Raisins and dried fruit can be a good alternative if your child enjoys sweet food.
- Cutting up fruit and vegetables in different ways can often make it more appealing to the children.
- The NHS have some great ideas for healthy lunch boxes - <https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

Thank you for your support with this. Please ask your class teacher if you have any questions.

