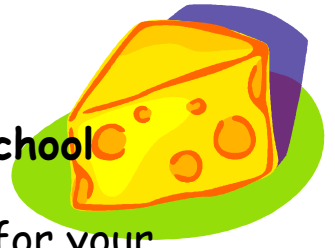




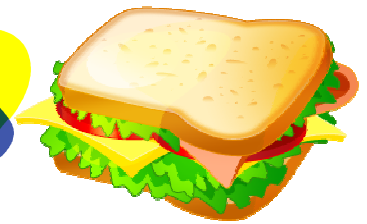
Healthy eating at Seaton Sluice First School



A great packed can be an excellent midday meal for your child. We see a wide variety of healthy packed lunches in school including items such as filled sandwiches, chopped fruit and vegetables, pasta, low fat yogurts and raisins.

We have produced a guide for a great packed lunch overleaf. We try to encourage parents and carers to make a **healthy packed lunch** which has a balance of the **five key items** with an occasional treat. A great packed lunch should contain -

- a starchy food for energy;
- fruit, vegetables and/or salad for essential nutrients;
- a protein food for growth;
- a dairy food for growing bones;
- a drink for hydration.



Sometimes you may also want to provide a treat for your child in addition to these five key items. More information about treats is overleaf. In order to be clear about treats for packed lunches, the following items **are not allowed**-



- full size chocolate bars such as Mars bars, two finger Twixs, Aeros etc;
- Smarties, M & Ms, Starburst and other sweets;
- cream cakes;
- bottles and/or cans of pop.



Please do not include these items in your child's packed lunch.



With the guidance in mind we look forward to seeing lots of great packed lunches in school.