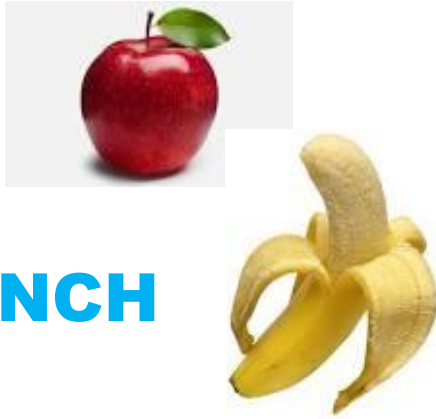


TIPS FOR A HEALTHY LUNCH BOX



A practical guide for parents.

A healthy lunch everyday will give your child the energy and nutrients they need to grow and develop and learn. Manorfield Primary School encourages all pupils to eat healthily, and we need your support.

The key to a balanced, nutritious diet is variety. This leaflet provides you with some ideas of what to include to ensure that your child's packed lunch is healthy, balanced and nutritious.

As part of our mission as a Healthy School, we are always looking for ways to keep everyone aware of up to date ideas about healthy eating.

At Manorfield Primary School we provide the children with

- Access to fresh water throughout the day
- Free fruit for Key Stage One pupils
- Healthy snack options to buy in the tuck shop for Key Stage Two pupils
- Freshly cooked dinners from Surrey Commercial Services

An important reminder is that we are a **nut free school** because some of our children have severe allergic reactions to nuts. Please ensure that all packed lunches avoid all products that say '**Contain nut products**'. This includes Kinder Buenos and Nutella.

Please note we do not allow chocolate bars or packets of sweets in lunch boxes.

Wafer or biscuits bars that have a chocolate coating are permitted.

Please also note that Chocolate Brioche buns are not a permitted as a substitute for a sandwich.

Please turn over for a guide to building a packed lunchbox.



Practical tips for healthy, safe and tasty packed lunches

- Inform your school of food allergies or intolerances.

Choosing foods

- Vary lunchbox contents for a good balance of nutrients.
- Seasonal fruits and vegetables add colour, texture and are often cheaper and tastier.
- Read food labels. Look out for the colour coded nutrition information on the front of packets. Remember the more green(s) on the label, the healthier the choice. Preparing the packed lunch
 - Include your child in shopping, choosing and preparing what goes in their lunchbox, giving them choices within the food groups.
 - Wash fruit and vegetables.
 - Keep it fresh. Rinsing slices of apple in diluted lemon juice, for example, will stop the slices from turning brown.
 - Think sustainably. Use containers and cutlery that can be washed and used again.
 - Label your child's packed lunch with their name.



A Guide to Building...

Healthy Snacks & Lunchbox

P2/P

Bring
WATER
everyday!

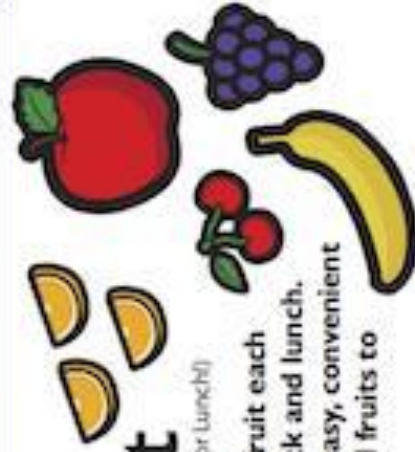
Putting tap water
in a reusable
bottle is FREE and
will help keep
your child
hydrated all day!



Whole Grains

(Great for Snack or Lunch!)

Make sandwiches with whole grain bread. Look for labels that say "100% Whole Grain"



Fruit

(Great for Snack or Lunch!)

Pack fresh fruit each day for snack and lunch. These are easy, convenient ways to add fruits to your day



Pack healthy snacks each day. Add a healthy sweet or savory treat. Try whole grain crackers and pretzels for savory snacks or dried fruits for sweet treats.

Snacks



Add veggies in your child's lunch. They add a healthy crunch instead of chips.

Veggies

(Great for Snack or Lunch!)