



Dear Parents and Carers,

At South Rise we recognise the importance of providing children with a healthy packed lunch. This will provide your child with the energy and nutrients they need to grow, develop and learn. The key to a balanced, nutritious diet is variety and this flyer provides you with the choices of foods we wish for you to include in your child's packed lunch to ensure it is healthy.

Healthy packed lunch ideas

A portion of starchy food 


White or wholegrain bread, rolls, pitta bread or wraps, plain naan bread, bagels, cooked pasta, rice, noodles, couscous or potato as a salad.

At least one portion of fruit and/or vegetable 


Fresh, frozen, canned or dried, these can all count towards 5-A-DAY.

Vegetables: carrot, cucumber, pepper or celery sticks, tomatoes, grated carrot in sandwiches or wraps, sweetcorn, peas or pulses in salad.




Fruits: sliced apple or melon, plums, grapes, strawberries, kiwi, satsumas, chunks of pineapple, or dried fruit.

A portion of meat, fish, eggs, beans or other non-dairy sources of protein 

Sliced meat, chicken, fish, sliced egg in sandwiches, rolls or wraps, meat alternatives such as tofu or pulses like kidney beans and chickpeas in salads.

A portion of milk or dairy foods 

Yoghurt or fromage frais, cheese in sandwiches or wraps, whole milk (for children aged one to two) or semi-skimmed (for children aged two and over).

-  **1. Starchy food such as bread, potatoes, rice, pasta** – these foods provide carbohydrate to give your child energy for the afternoon.
 -  **2. Fruit and vegetables** – these foods provide vitamins and minerals to help protect against illness.
 -  **3. Meat, fish, eggs, beans and other non-dairy sources of protein** – these foods provide protein, iron and zinc to help your child grow.
 -  **4. Milk and dairy foods** – these foods are a good source of calcium, for strong bones and teeth.
-  **Foods and drinks high in saturated fat, sugar (and/or salt)** – try to limit these types of food and drink. Too much salt and saturated fat can increase the risk of some illnesses in later life while too much sugar can damage children's teeth.

Foods to Limit:

Crisps – these are high in salt and saturated fat. Swap for breadsticks instead.

Desserts, cakes and chocolate - these are high in fat, as well as sugar, that can damage your child's teeth.

Banned Foods:

Peanut based foods, as we have a number of children severely allergic to these.

Chocolate bars are not allowed as they are high in saturated fat and sugar. We will allow a biscuit based bar only.

Drinks:

Please provide your child with a healthy drink, such as; water. Energy drinks and fizzy drinks are not permitted as they are high in caffeine and sugar.

