



Beech Hill's Guide to a Healthy Packed Lunch



Beech Hill Primary School wants to support parents and carers to give their children the best start in life. We value and appreciate your support in helping us to promote healthy eating and we hope the following Government recommendations will be helpful.

A child's lunch should include **only** the following:

- a portion of **starchy food**, e.g. wholegrain bap/bread, sesame seed pitta bread, plain crackers, pasta or rice salad
- **fresh fruit and vegetables**, e.g. apple/orange/banana, cherry tomatoes, carrots sticks, mini fruit chunks
- a portion of **milk or dairy food**, e.g. cheese, plain/fruit yoghurt
- small portion of lean **meat, fish** or alternative, e.g. two slices of ham, chicken, beef, Quorn, cheese, tuna, egg or hummus
- a **drink** - fruit juice (not fizzy), water or milk.



A treat will be 1 **small** portion of the following items :

- crisps
- cake **or** biscuit

Why not try our ...**SNACK SWITCHERS**:

SWAP crisps for plain popcorn or rice cakes

SWAP a cereal bar for raisins



Beech Hill asks that parents **do not** include the following items in packed lunches:

- sweets
- chocolate
- chocolate bars
- any food containing nuts
- fizzy drinks