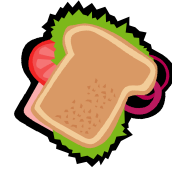


Lunchbox Guidelines

Please ensure you do not send nuts in your child's lunchbox as some children have allergies.

Please ensure your child has sufficient food in their lunch box to last them throughout the day including snack times.

Please provide your child lunch in a clearly labelled lunch box or bag.






Healthy lunchbox suggestions

Try to vary the type of bread such as wholemeal, granary or high fibre white bread. Also make sandwiches from different kinds of bread including bread rolls, French bread, bagels and pitta bread as well as sliced bread.


Use a different sandwich filling each day - preferably including a fruit or vegetable.

Fruit and vegetables

Some fruits to try:

- Seedless grapes 
- Satsuma, tangerines or clementine
- Small bananas
- Cherries
- Apples 
- Plums
- Dried fruit such as apricots, dates or raisins
- Fruit salad 

Some vegetables to try:

- Cherry tomatoes 
- Carrot sticks
- Celery sticks
- Cucumber chunks
- Baby sweet corn
- Grated carrot and raisin salad



Drink

Having fun is thirsty work so please supply plenty of drinks for your child. Avoid sugary and fizzy drinks. Instead use water or fruit juice. Please do not send drinks in glass bottles.



Other lunch box items

Sweet suggestions

- Scones
- Malt loaf
- A flapjack
- Teacakes

Savoury suggestions

- Rice cakes
- Bread sticks
- A boiled egg
- Cheese and crackers

Keep it cool to keep it fresh

We do not have refrigeration facilities. Please do not send items that will perish quickly in hot weather.

- If you make sandwiches the night before, wrap them up and keep them in the fridge overnight.
- If you include a carton of fruit juice, keep it in the freezer until the morning before it will be drunk. Then put it directly in the lunch box - it will have thawed by lunchtime and kept the rest of the food cool.
- Use a small, insulated cool bag.

