



Heatherside Healthy Eating Guide

For a **HEALTHY, BALANCED** packed lunch, choose something from each food group **1, 2 and 3**



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Processed food products such as crisps, sausage rolls, pepperoni, picnic eggs, scotch eggs, pork pies and sausages/chipolatas should be included only occasionally as treat.



Packed lunches should be in an unbreakable container, clearly marked with the child's name and class. Lunchboxes are placed on the class trolley in the morning and are not accessible to the children until lunchtime.



Include only water, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks



We also encourage low waste/recyclable packaging

REMEMBER PLEASE DO NOT BRING THE FOLLOWING ITEMS: NUTS, PEANUT BUTTER, SWEETS AND CHOCOLATE BARS

At morning break you can bring fresh fruit, vegetables or pure dried fruit as a snack. (Not fruit flakes, cereal bars, nuts or winders).

