



Healthy Lunchboxes

at Merridale Primary School

How healthy is your child's packed lunch?

We all know how important it is for children to eat healthily. As a healthy school, we are keen to encourage children to make healthy food choices to equip them with the skills to do this independently as they grow older.

Can I take this opportunity to remind you of some of our guidelines for what makes a healthy lunchbox:

- Fresh fruit and vegetables: carrot sticks, celery, tomatoes, cucumber, pepper, grapes, blueberries, apples, satsumas, bananas, strawberries. Try to include 3-4 different types of fruit and vegetables each day.
- A small handful of raisins or dried apricots
- Wholemeal/wholegrain bread for sandwiches rather than white bread. Try to vary the filling too: ham, cheese, tuna, salad, chicken
- Breadsticks or crackers rather than biscuits (which are high in sugar)
- Yogurts or yogurt drinks, fromage frais.
- Water or fruit juice/squash. **NO** fizzy drinks at all in school please.
- Sweets, cakes, chocolate, sweets and crisps should be an occasional treat and **should not** be included every day.

More ideas can be found here: www.nhs.uk/change4life/recipes/healthier-lunchboxes

Please also remember that Merridale is a NUT-FREE school. Do not include any nuts (peanuts, walnuts, almonds, hazelnuts etc) in your child's packed lunch or snack.

