

Please do not send:

- Chocolate or sweets
- Leftover takeaway food (e.g. pizza)
- Nuts
- Leftover rice-based dishes (rice does not keep, it can cause stomach upset)
- Fizzy drinks



NUT FREE SCHOOL

Please remember, St Williams' is a nut free school and these cannot be included in lunchboxes.



For further information and lunchbox ideas, please visit the NHS website:

<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

Shining as we learn in Faith, Family and Friendship!



St William of York Catholic Primary School

Packed Lunches Guidance for Parents

January 2022

At St Williams', you have a choice to provide a packed lunch for your child, or purchase school meals, if you do not qualify for free school meals.



As a healthy school, we ensure that school lunches are nutritious. We have created this booklet to support you with preparing a healthy and well-balanced packed lunch, for your child.

Healthy Packed Lunchbox Suggestions

School meals are a great choice for your child, but if you choose to make a packed lunch for them instead, here are some suggestions for preparing a healthy lunchbox.

Potatoes, bread, pasta and other starchy carbohydrates

Starchy foods are a good source of energy and vitamins. Choose wholegrain or high fibre versions, with less added fat, salt and sugar.

Sandwiches, using sliced bread or bread rolls

Tortilla wraps

Pitta breads

Bagels

Cous cous

Cooked pasta

Include a healthy
filling with your
sandwiches or pasta.

Fruit and vegetables

Help your child get their five a day by putting two portions of fruit and vegetables in their lunchbox. A portion could be:

- Medium sized piece of fruit, e.g. apple, orange, banana, pears
- Grapes, cherries or berries
- Melon
- Dried fruit, e.g. raisins, dried apricot
- Chopped salad, e.g. lettuce, tomatoes, cucumber, celery, carrots



Dairy and alternatives

Dairy provides great nutrition for healthy teeth and bones, as well as providing protein.

Milk

Cheese

Yoghurt

Fromage Frais



Protein:

Cooked and sliced meats or meat alternatives:

Chicken

Ham

Lamb

Beef

Turkey

Corned Beef

Vegetarian alternatives, such as tofu, lentils and chickpeas



Drinks

Please do not send your child with fizzy drinks.

Children should all have a bottle in class, containing only water. At lunch times, children can bring a cordial drink, in a separate container.

