



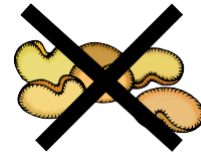
# Packed Lunch Rules



The School Council has been thinking hard about our lunchboxes. They have decided we should have some lunchbox rules to help our mums and dads make sure we get a really healthy diet. School Council decided we should have 3 rules.

## 1. No nuts

*(or nut based products such as Nutella or peanut butter).*



## 2. No sweets

*(including chocolate bars or buttons, Haribos or items without a cake or biscuit base)*



## 3. No fizzy drinks

*(or drinks with too much sugar in them)*



The children thought that the following items were really good ideas for healthy lunch boxes:

- 👍 Sandwiches, wraps, rolls, pittas, crackers, pasta, pizza.
- 👍 Fillings such as cheese, ham, tuna, chicken.
- 👍 Salad such as cucumber, cherry tomatoes, lettuce, celery, radishes, carrots.
- 👍 Fresh or dried fruit such as apples, raisins, strawberries, bananas, grapes (cut in half)
- 👍 Cereal bars and yoghurts (no Frubes).
- 👍 Water, fruit juice, milk and smoothies (an ice block can be put in the lunch box to keep drinks cool).

The children also thought that some things were unhealthy for them, but that a small portion would be alright in a lunchbox:

- 👍 Cake, biscuits (including chocolate covered ones) **or** crisps.

Above all, please try and make sure there is something FRESH in your child's lunchbox rather than too much processed food which contains hidden salt and sugar.