

Food Route

Avenue Primary Packed With Health Lunchbox Policy

For a balanced packed lunch select these healthier foods and drinks:

	Fruits and Vegetables	Try to include at least one a day. Any fruit and vegetables can be included, fresh, tinned, dried.	✓
	Meat and Alternatives and Oily Fish	Choose a protein filling every day Tuna & salmon make delicious fillings for sandwiches and are good in salads too.	✓
	Starchy Food	All varieties of bread are acceptable, pasta, rice, crackers, pitta, wraps, chapattis	✓
	Milk and Dairy Food	Milk and dairy products provide essential calcium. Chunks of cheese, yoghurt, fromage frais, custard pots, rice pudding tubs. Include daily.	✓
	Drinking Water	Free, fresh drinking water is available at lunch time or have water from home.	✓
	Healthier Drinks	The preferred drinks are water, milk, pure fruit juice.	✓

Think before including these foods in packed lunches every day, choose healthier options

	Fatty snacks such as crisps	It is preferable that snacks such as crisps are not added every day as they are high in salt and fat	
	Confectionary	Our food policy advises that chocolate and sweets should be avoided in lunch boxes. Cakes and biscuits are fine as part of a balanced meal. Try batch baking and freezing your homemade cakes and biscuits. Avoid having jam and chocolate spread for sandwiches regularly.	
	Pastry/Meat Products	These are high in fat and should only be in lunch boxes occasionally.	
	Drinks	Please do not send fizzy drinks into school. Look at drink labels and try and avoid very sugary drinks e.g. <i>fruit juice drinks</i> .	
	NO NUTS or items containing nuts	No nuts or items containing nuts due to Children's allergies.	

