

‘Growing Together - Creating visions of the future through today’s strong foundations. Choose Kind.’

Packed Lunch Guidelines for Rivington Foundation Primary School

For a balanced packed lunch please try to include one each of these healthy food types and drinks. You will see that there are **five components, plus a drink**, which make up an ‘ideal’ lunch:

Fruit: Essential for vitamins and minerals and fibre. Try to include at least one portion of fruit (fruit juice can count as one portion).

Vegetables: Again for vitamins and minerals and fibre. Try to include at least one portion of vegetables.

Protein: Required for muscle growth. Add some protein, for example lean meats, fish, eggs, tofu, pulses, nuts or beans.

Starchy foods/carbohydrates: Starchy foods are great for energy. These include bread, rice, chapattis, and pasta. Unprocessed types are best such as wholemeal bread rather than white.

Milk and dairy foods: Crucial for healthy bones and teeth. Choose from milk, cheese or yoghurt.

Please try to avoid:

Crisps, chocolate and snacks which are high in fat, sugar or salt

Drinks:

Water: Fresh water will be freely available for your child on the table at lunchtime.

Healthy drinks: If you put a drink in your child’s packed lunch please try to include water, milk, fresh fruit juice or fruit smoothies. Please try not to include any drinks sweetened with sugar or artificial sweeteners (such as aspartame).

Packed lunches must not include fizzy drinks or sweets.