

### **Guidance on a Healthy Lunchbox's**

A healthy lunch box should help to improve your child's attention, behaviour and learning throughout the day and into the afternoon. It should provide one third of your child's daily requirements of nutrients. Below we have included a list to give you some ideas of the kinds of things that you can put into your child's lunchbox.

- A portion of starchy food, eg. wholegrain bap/bread, sesame seed pitta bread, plain crackers, pasta or rice salad, small pot of pasta, rice salad, potato salad, couscous, etc.
- Fresh fruit and vegetables, eg. apple/orange/banana, cherry tomatoes, carrot sticks, mini fruit chunks, etc.
- A portion of milk or dairy food, eg. cheese, plain/fruit yoghurt, etc.
- Small portion of lean meat, fish or alternative, eg. two slices of ham, chicken, beef, Quorn, cheese, tuna, egg or hummus, etc.
- Bread sticks or savoury scone or rice cakes or crackers with cubes of cheese or slices of meat as a source of protein
- Small cake or scone or malt loaf or flapjack
- Small pot of yogurt or fromage frais or custard or rice pudding or jelly
- A drink – fruit juice (not fizzy or fruit shoot), water (not flavoured), milk (not flavoured)

### **The following should not be put into lunchboxes**

- Large quantities!
- Fizzy drinks
- Processed foods
  - Sweets
- Chocolate bars or anything containing nuts

If you would like more information on healthy lunches, please visit the NHS website Change4Life  
<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

### **Allergies**

Lawley Academy is a **nut free school** due to some of children having severe allergies to nuts/peanuts. It is very important that children do not bring nuts/peanuts (this includes chocolate spread such as Nutella) or products that contain these, to school so that we can provide these children with a safe school environment. Some children can be so sensitive that even traces on breath or hands can cause a reaction which is why we ask that no nut products come into school even if it does not directly affect the children your child tends to sit with.

We thank you for your understanding and we hope you can encourage and explain the importance of healthy eating to your children.

Kind regards

Laura Hopley