

Redbridge Primary School



Packed Lunch Tips and Guidance September 2021 Redbridge Primary School is a NUT FREE school

Lunch is a very important meal for children in school, packed lunches should be healthy and sustaining, providing children with energy enabling them to get the most out of their afternoon learning. For lots of easy-to prepare ideas that your children will love, as well as tips on what else to put in the lunchbox please visit <https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

Lunches should include;

- A main dish- sandwich, wrap, bagel, rice or pasta
- Fruit or salad
- A little something else e.g Rice cakes, crackers, breadsticks, dried fruit, yoghurt, jelly, cheese cubes
- Water or natural fruit juice

No nuts, sweets or fizzy drinks please



Packed Lunch Treat **Friday**

- Children may choose to bring **one** treat on a Friday



No nuts, sweets or fizzy drinks please



Monday-Thursday

Please support us by ensuring that there are none of the following unhealthy food items within your child's packed lunch;

- Crisps
- Biscuits
- Cold fast food eg. Pizza, chips, nuggets
- cakes