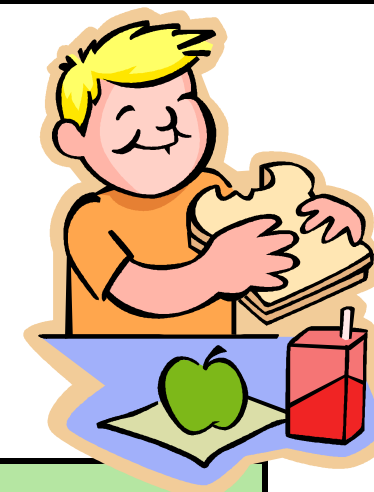




CHRISTOPHER PICKERING PRIMARY SCHOOL PACKED LUNCH GUIDANCE



EACH DAY A HEALTHY PACKED LUNCH SHOULD INCLUDE:

A portion of Starchy Food such as

White or wholegrain bread
Pitta bread or wraps
Plain naan bread
Bagels
Cooked pasta
Rice
Noodles
Couscous
Potato salad

At least one portion of fruit and/or vegetable

Fresh, frozen, canned or dried, these can all be counted as one of your 5 a day
Vegetables: Carrot, cucumber, pepper or celery sticks, tomatoes, grated carrot in sandwiches or wraps, sweetcorn, peas or pulses in a salad

A portion of milk or dairy foods

Yoghurt or fromage frais, cheese in sandwiches or wraps, whole milk (for children aged one to two) or semi-skimmed (for children aged two and over)

A portion of beans, pulses, fish, eggs, meat and other proteins

Sliced meat, chicken, fish, sliced egg in sandwiches, rolls or wraps
Meat alternatives such as tofu or pulses like kidney beans and chickpeas in salads

A drink - to help with hydration and concentration.

Water - the best choice
Milk - Whole for one to two years, Semi-skimmed for two and over
Avoid fruit juice (even diluted fruit juice)
Avoid fizzy drinks and flavoured water as these drinks can contribute to tooth decay and have little nutritional value

Please turn over

THE FOLLOWING FOODS ARE NOT TO BE BROUGHT INTO SCHOOL FOR HEALTH AND SAFETY, AND ALLERGY REASONS

Nuts - or anything containing nuts (please check ingredients)

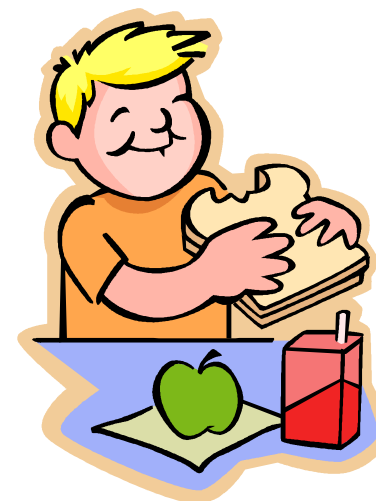
Sweets

Grapes (unless cut in half lengthways)

Chewing gum

Fizzy drinks

Energy drinks



REMEMBER:

To make sure school is informed of any intolerances, allergies or religious requirements

Try to offer a variety of foods, this is important as it exposes your child to new tastes, flavours and offers a good mix of nutrients

If your child does not like the food or drink the first time, don't despair as it can take up to 15 times before a child accepts new tastes

Hot Dinners:

Why not try a school lunch? All our school meals are cooked on the school site and there are lots of options to suit most tastes and all dietary requirements. This could save you £400 a year on average.

All FS2, Year 1 and Year 2 children are entitled to a free hot meal everyday

Currently, a hot meal in KS2 costs £1.70 per day. Although you may be entitled to free school meals.

Please apply on the Hull City Council website



