

## A Healthy Packed Lunch

Here at St. Augustine's Catholic Primary School, we promote the importance of a healthy lifestyle through regular exercise and a healthy, balanced diet.

As we know, from research undertaken by the School Food Trust, eating a healthy school meal can positively affect children's behaviour and learning in the classroom. As you will be aware there is increasing concern about rising rates of obesity and related health problems in children

If your child has a packed lunch for dinner, we ask that you help to support us in promoting a healthy lifestyle by providing your child with a lunch that is packed full of goodness and not too much sugar.

Please scan the QR codes using your smartphone to find out more about a healthy packed lunch box and for ideas of things you can include.

Why not get your child involved in packing up their lunch by helping to make their own sandwiches?

Please make sure that your child's packed lunch contains at least one piece of fresh fruit per day. Chocolate bars are not allowed.

Please make sure your child's packed lunch **does not contain any nuts** – **we are a nut free school!** This includes chocolate spread sandwiches and peanut butter sandwiches.

**A healthy packed lunch = a healthy child ready to learn!**



# Pack your child a **HEALTHY LUNCH BOX**



Choose a variety of foods from each food group

<b>Fruit</b>	
+	
<b>Vegetables</b>	
+	
<b>Dairy</b>	
+	
<b>Wholegrains</b>	
+	
<b>Lean meat &amp; alternatives</b>	
<b>=</b>	<b>A Healthy Lunch Box</b>

# St Augustine's Catholic Primary School

A Guide to Building...

## Healthy Snacks & Lunchbox

P2iP

Bring  
**WATER**  
everyday!

Putting tap water  
in a reusable  
bottle is FREE and  
will help keep  
your child  
hydrated all day!



<p><b>Whole Grains</b> (Great for Snack or Lunch)</p> <p>Make sandwiches with whole grain bread. Look for labels that say "100% Whole Grain"</p>	<p><b>Fruit</b> (Great for Snack or Lunch)</p> <p>Pack fresh fruit each day for snack and lunch. These are easy, convenient ways to add fruits to your day</p>
<p>Pack healthy snacks each day. Add a healthy sweet or savory treat. Try whole grain crackers and pretzels for savory snacks or dried fruits for sweet treats.</p> <p><b>Snacks</b></p>	<p>Add veggies in your child's lunch. They add a healthy crunch instead of chips.</p> <p><b>Veggies</b> (Great for Snack or Lunch)</p>

# Packed Lunch Information