

Help me get it right!



There are many lunch ideas available online:

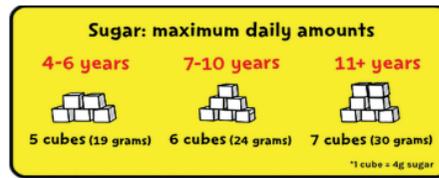
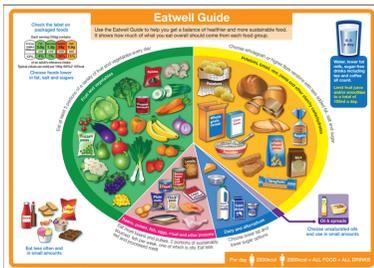
<https://www.nhs.uk/healthier-families/recipes/lunch/>

The change for life food scanner app helps you to make healthy swaps when you shop:

<https://www.nhs.uk/healthier-families/food-facts/nhs-food-scanner-app/>

The Eatwell guide outlines how to achieve balance in your family's diet:

https://assets.publishing.service.gov.uk/media/5bbb790de5274a22415d7fe/Eatwell_guide_colour_edition.pdf



Children are exposed to much sugar and salt in their daily diet; at school we aim to minimise the risk of both tooth decay and a fatty salty diet.



Please avoid!

- Children may have allergies.
- No whole nuts or nut products including pesto and Nutella
- No drinks required-we will provide water
- No fizzy drinks, fruit juice or smoothies
- No crisps, chocolate, chocolate spread or sweets



Our school is committed to developing a healthy and resilient school community.

This leaflet provides ideas and outlines the expectations for packed lunches at Kingswood in order to keep children safe and well.

Please speak to your child's Key Person or Mrs Macdonald if you need support to provide this.



<https://kingswood.herts.sch.uk>

Keep it simple!



Children can be overwhelmed by so much choice in their lunch box.

We suggest:

One 'tummy filler' such as carbohydrate and protein ie

- half a Tuna wrap
- sliced boiled egg and crackers
- small pot of cooked pasta with ham and sweetcorn
- cream cheese on slice of bread, rolled and sliced

Two 5 a day options ie

- half a sliced apple
- satsuma
- cucumber, carrot and pepper sticks
- pitted olives
- small pot of mixed berries
- small pot of tinned fruit

One Calcium option ie

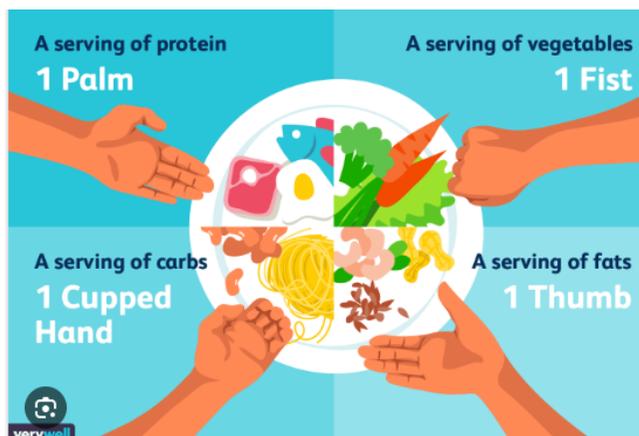
- Cubes of cheese
- Small portion of cream cheese
- Small pot of plain yoghurt with fruit
- Tzatziki or hummus dip



Use the size of your child's hand to help guide portion size:

- **Carbohydrate-size of child's fist**
- **Protein-size of child's palm**
- **Fruit and veg-size of child's cupped hand**
- **Fats-size of child's thumb**

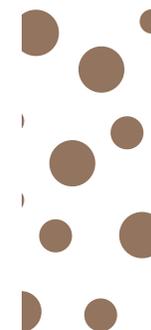
Keep it small!



Practical advice!



- We are working towards becoming a more sustainable school and require your support to minimise waste.
- Where possible use reusable plastic pots.
- Decanting large packets of raisins, breadsticks and yoghurt into smaller pots is often a cheaper option
- Avoid processed food that is prewrapped such as Lunchables.
- Cut grapes and cherry tomatoes into quarters to avoid choking.
- Please include any cutlery your child may require such as spoons for yoghurt



INSTEAD OF OFFERING
WHOLE GRAPES AND TOMATOES



TRY OFFERING
QUARTERED GRAPES AND TOMATOES

