

What to Pack: The 5 Essential Food Groups

A balanced lunchbox includes items from these five groups to give your child lasting energy and all the nutrients they need for growth and concentration.

• Starchy Foods for Energy

Provide slow-release energy. Choose wholegrain options like:

- Wholemeal pitta bread
- Pasta salad
- Savoury scones
- Malt loaf
- crackers
- Rice cakes

• Fruit & Vegetables

Packed with vitamins and minerals. Aim for a variety of colours:

- Apple slices
- Carrot sticks
- Berries
- Cucumber rounds
- Grapes
- pepper strips

• Protein Foods

Essential for growth and repair:

- Cooked chicken slices
- Hard-boiled egg
- Lentil or bean salad
- Hummus
- Turkey slices
- Chickpeas

Dairy or Alternatives

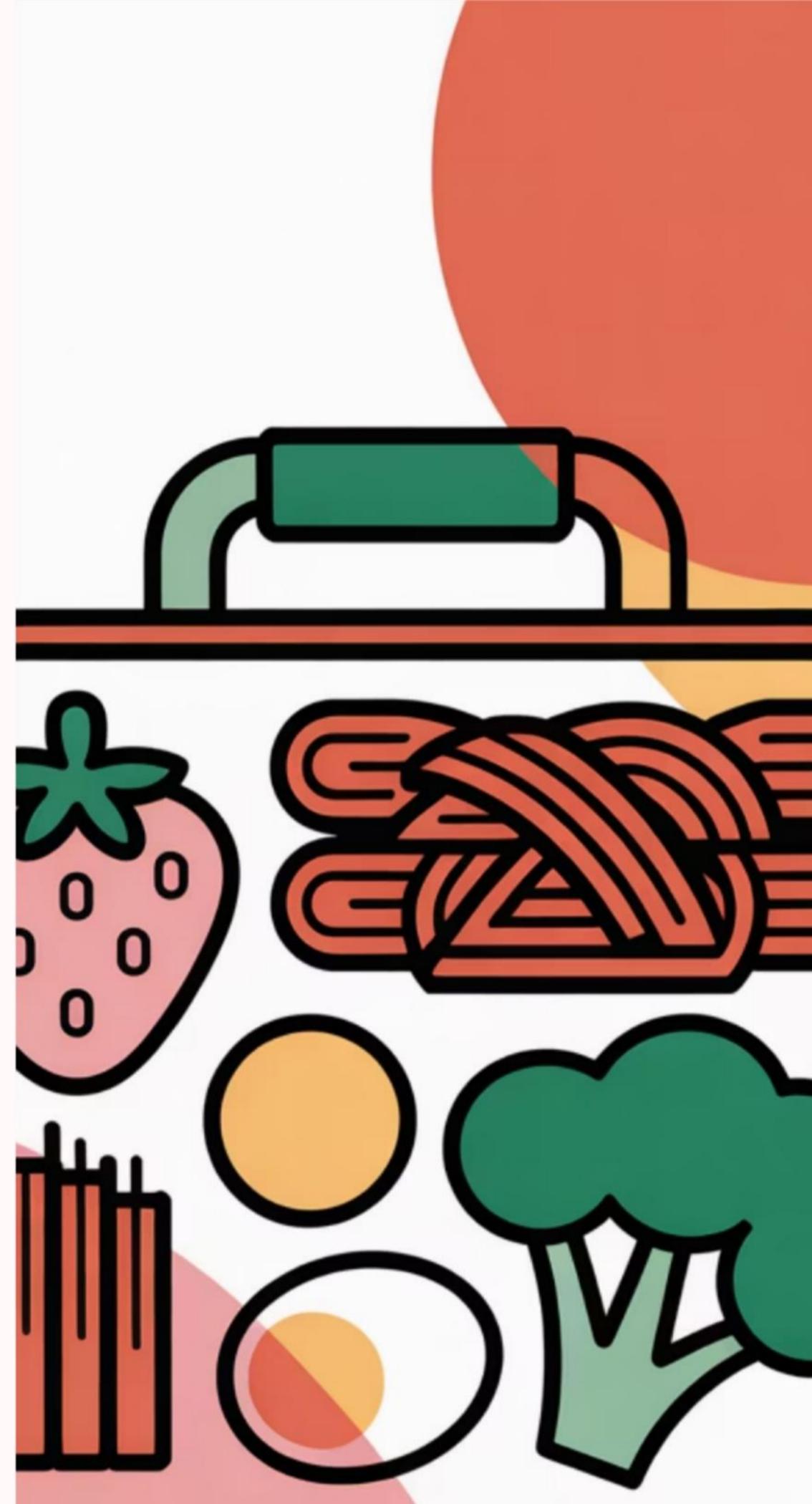
Important for strong bones and teeth:

- Yoghurt pot
- Cheese stick
- Milk carton
- Fortified dairy-free options
- Cottage cheese

Healthy Drink

Crucial for hydration:

- Water (best choice!)
- Unsweetened milk
- Sugar-free squash



What NOT to Pack for School Lunch

Many schools have clear rules about what children can and cannot bring in their lunchboxes. Avoiding sugary and high-fat snacks is crucial for sustained energy and concentration throughout the school day. These items offer minimal nutritional value and can lead to a quick burst of energy followed by a crash.

Important School Policy: If a child brings any of these items into school, a member of staff will respectfully take the item from the child or phone home to ask the parent to replace them. The item will be returned to the child or parent at the end of the school day.

Crisps

DO NOT pack crisps or other high-fat, salty snacks. These provide empty calories and little nutrition.

Chocolate & Sweets

DO NOT pack chocolate bars, sweets, or other confectionery. They are high in free sugars detrimental to teeth and energy levels.

Sugary Drinks

DO NOT pack fruit juices, smoothies, fizzy drinks, or squash. These are often high in sugar and should be replaced with water or plain milk.

Burgers & Chips

DO NOT pack fast food items like burgers, hot dogs, or chips (fries). These are typically high in unhealthy fats, sodium, and artificial ingredients.

Biscuits, Cakes & Pastries

DO NOT pack biscuits, cakes, donuts, or other sweet pastries. They contain high amounts of sugar and processed fats, leading to energy slumps.

Nut Products

DO NOT pack items containing nuts or nut products, such as peanut butter sandwiches or snack bars with nuts. We have strict no-nut policies due to severe allergy risks.

