



## ST ANNE'S CE PRIMARY SCHOOL

# St Anne's Healthy Lunchbox Guide

We are really trying hard to promote health and encourage every child to make healthier choices, for lifelong benefits. Please help us to help your children by following our healthy lunchbox guidelines:



We would like to encourage all children who bring a packed lunch to include:

- wholegrain, filling foods for energy e.g. bread, wraps, pittas, bagels, pasta or rice
- protein-rich foods to help us grow e.g. meat, fish, eggs or beans (houmous is great!)
- a small portion of dairy food for healthy teeth and bones e.g. yoghurt, cheese or milk
- at least one portion of fruit and/or vegetables
- a healthy drink e.g. water, fruit juice, milk or even a smoothie!
- a small treat from time to time is fine 😊

Thank you again for your continued support  
The St. Anne's Team