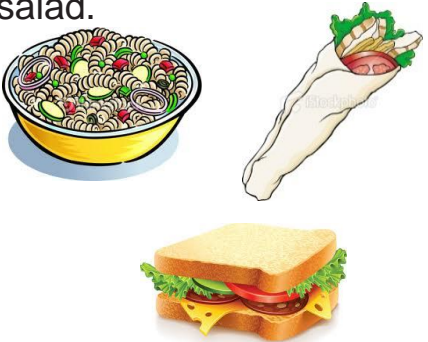

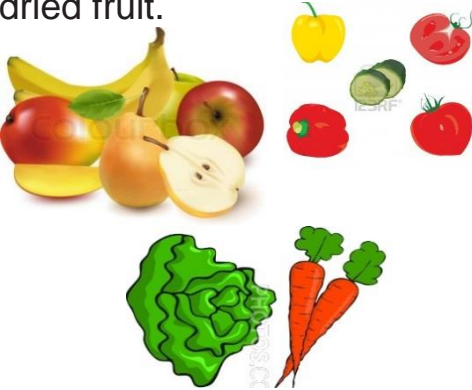



A Packed Lunch must contain at least one item from each of these four Main Food Groups

1 Bread, Rice, Pasta, Potato	2 A Protein eg: sandwich filling	3 Fruit & Veg	4 Milk & Dairy foods
<p>This can be a roll, bagel or pitta bread, a wrap or a pasta, rice, couscous or noodle salad.</p> 	<p>This can be meat, chicken, tinned fish, beans, hummous, egg or cheese</p> 	<p>This can be salad, carrots, celery, tomatoes or cucumber. Also all kinds of fresh fruit, dried fruit.</p> 	<p>Including cheese of all kinds, yogurt or fromage frais, semi-skimmed milk.</p> 
<p>*These starchy foods are important for children. They are filling and provide energy.</p>	<p>* Growing children need the protein, iron and vitamins these foods provide.</p>	<p>*These foods provide fibre and vitamins which help to keep your child healthy.</p>	<p>* The calcium and protein in this food group are needed for building strong bones & teeth.</p>

You could also give your child one of the following:

Extras - Fruit Bread / Malt Loaf/ Banana cake/ Plain, Fruit or Cheese Scone

Foods high in fat or sugar are NOT allowed: crisps, fried food (chicken & chips), sweets, chocolate bars or biscuits, chocolate spread, cereal bars.

Drinking water is provided at school - **fizzy drinks, fruit juices or flavoured waters are not allowed.**

Bottled water or a small milk carton are allowed with a packed lunch.



Packed Lunches at Gayhurst



At Gayhurst we promote Healthy Eating to all our families. If your child has a packed lunch it needs to be healthy and nutritionally balanced. A healthy lunch supports children's learning and helps them to develop healthy lifestyles.

Please see overleaf for clear guidance on what makes a healthy packed lunch and which foods and drinks are NOT allowed for packed lunch at Gayhurst Community School. Thank you for your support.