



# Lunch Box Policy

To promote healthy eating for a balanced packed lunch please try to include one each of these healthy food types and drinks. You will see that there are **five components, plus a drink**, which make up an 'ideal' lunch:

1. **Fruit** Essential for vitamins and minerals and fibre. Try to include at least one portion of fruit (fruit juice can count as one portion).
2. **Vegetables** Again for vitamins and minerals and fibre. Try to include at least one portion of vegetables.
3. **Protein** Required for muscle growth. Add some protein, for example lean meats, fish, eggs, tofu, pulses, nuts or beans.
4. **Starchy foods/carbohydrates** Starchy foods are great for energy. These include bread, rice, chapattis, and pasta. Unprocessed types are best such as wholemeal bread rather than white.
5. **Milk and dairy foods** Crucial for healthy bones and teeth. Choose from milk, cheese or yoghurt.

## Please try to avoid:

Crisps and snacks which are high in fat, sugar or salt

## Drinks

- **Water** Fresh, cooled water will be freely available for your child on the table at lunchtime.
- **Healthy drinks** If you would like to put a drink in your child's packed lunch please try to include water, milk, fresh fruit juice or fruit smoothies.
- Please try **not** to include any drinks sweetened with sugar or artificial sweeteners (such as aspartame).
- **Packed lunches should not include fizzy drinks, chocolate or sweets.**
- **Robin Hood is now a nut free school which means we do not allow any products which contain or may contain nuts**