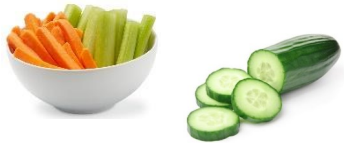
# Green

These foods are examples of good choices to put in your packed lunch:

| | |
|---|---|
| Fruit (2 pieces) |  |
| Sandwich, wrap or alternative |  |
| Dairy |  |
| Vegetables e.g. carrot sticks, cucumber celery |  |
| Fibre/grains (wholegrains) vitamins |  |
| Water |  |

# Amber

Try not to have too many of these foods in your packed lunch, and certainly not every day:

| | |
|---|---|
| Plain biscuits |  |
| Proteins high in saturated fats |  |
| Fruit loaf and plain pastries |  |
| Processed dairy |  |
| Sugary drinks |  |

# Red

These foods are **NOT** allowed in your packed lunch:

| | |
|---|---|
| Sandwich fillings |  |
| Sweets, cakes and chocolates |  |
| Crisps, nuts and chocolate desserts |  |
| Fizzy and Energy drinks |  |

# ST. LUKE'S PRIMARY SCHOOL

## Packed Lunch Guide

**Packed lunch guide**

In the **Green** and **Amber** boxes, we show food items that are common in school packed lunches. We guide parents to provide food from the **Green** box as much as possible and keep **Amber** foods to a minimum. These are examples to help you - of course there are many other healthy foods that you can put in to your child's packed lunch. Items in the **Red** box are high in sugars/fats and have very low nutritional value-they should not be part of your child's packed lunch. Foods containing nuts are in the **Red** box because we are a **'nut free'** school, to protect children and staff with nut allergies.

If you would like any further guidance for healthy packed lunch please visit:

https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/