

# Farsley Westroyd packed lunch guide

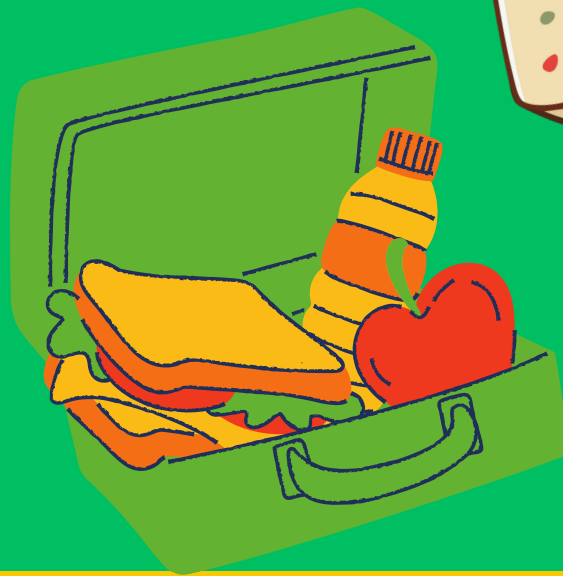


At Farsley Westroyd, healthy packed lunches are essential for supporting children's physical and mental well-being, improving concentration, and fostering positive habits for life. This guidance outlines what to include in a healthy packed lunch and foods to avoid.

## Green foods/drinks

You can put these in your lunch box every day or as often as you like.

Please make sure you cut up all grapes, tomatoes and blueberries into half length ways to avoid chocking.



Fresh fruit and vegetables

Bread, pittas, rice, wraps and pasta

Meat, fish, eggs and meat replacements

Yoghurt and cheese

Water

Crisps, crackers and breadsticks

Cereal bars, flapjacks and small muffins

Processed meat products such as sausage rolls, pepperoni and sausages

No added sugar fruit juice



## Amber foods/drinks

These types of food can be included occasionally as part of a balanced packed lunch.

## Red foods/drinks

These foods **should not** be included in a healthy packed lunch box.



Sweets, lollipops and chocolate bars

Fizzy and energy drinks

**We are a nut free school. Please do not include any nuts or nut based food**

For more information please visit our policies on the school website:

<https://www.westroydprimaryschoolandnursery.co.uk/>