

**Dear Parents/Carers,**

**We want our children to learn the habits of healthy eating as soon as possible.**

**According to the NHS a balanced lunchbox should contain:**

- Starchy foods like bread, rice, potatoes or pasta.
- Protein foods like meat, fish, eggs or beans.
- A dairy item, like cheese or yogurt.
- Vegetables or salad and a portion of fruit.

On the back of this sheet are some ideas for healthy packed lunches.

We would also ask that the children only bring in water to drink.

**On a Friday only:** children may bring in one treat (something sweet or a packet of crisps etc).

