



A healthy packed lunch

At George Street we consider a healthy packed lunch should be a balanced meal that includes a source of starchy food, plenty of fruits and vegetables, a protein, and a drink, while limiting foods high in fat, salt, and sugar. This combination provides sustained energy and essential nutrients for growth and repair, helping our children to keep full and focused throughout the day.

Components of a healthy packed lunch

- **Starchy food:** Choose whole-grain options for sustained energy, such as wholemeal bread, wraps, pitta pockets, pasta, rice, or potatoes.
- **Fruit and vegetables:** Aim for a variety of fresh or tinned (in juice) fruits and vegetables.
 - **Fresh:** Apple, banana, berries, cherry tomatoes, or carrot sticks.
 - **In sandwiches:** Add sliced cucumber, lettuce, or tomato.
- **Protein:** This is crucial for growth and repair.
 - **Meat and fish:** Lean meats like chicken or turkey, or fish such as tuna.
 - **Plant-based:** Beans, pulses and eggs. Hummus or tofu are good options.
 - **Dairy:** Include a portion of dairy for calcium. Yogurt, or a cheese portion.
 - **Drink:** Water is the healthiest option.

Foods to limit

- Foods high in fat, salt, and sugar should be avoided so we ask that you do not add sweets or chocolate to your child's packed lunch.
- We are also a nut free school so ask that you do not send in any products containing nuts as we have children with allergies that we need to protect.