Checklist for a Healthier Packed Lunch

1. **Have you included a good portion of starchy food?** This could be thick, wholemeal bread, chapatti, pitta pocket, pasta or rice salad.	
2. **Have you included plenty of fruit/vegetables?** This could be an apple, a satsuma, a handful of cherry tomatoes, carrot sticks or a small box of raisins.	
3. **Have you included a portion of milk/dairy food?** This could be an individual cheese portion or a pot of yoghurt?	
4. **Have you included a portion of lean meat, fish or an alternative product?** This could be ham, beef, chicken, tuna or hummus/bean/lentil salad.	
5. **Have you included a drink?** This could be fruit juice, milk or water.	

How can I help my child to eat healthier foods?

- Try to reduce the number of days that your child's packed lunch has foods that are high in fat and salt such as crisps or savoury snacks. Try limiting these to twice a week.
- Try adding a bag of unsalted popcorn, bread sticks or pretzels for a change.
- Try a bag of dried fruit such as apricots or raisins.

- Add a piece of fruit that is easy to eat such as apples, pears, a banana or a small satsuma. If you include grapes, you would need to make sure that these are cut in half to avoid choking.

- Add a lower fat snack such as a scone, slice of malt loaf or a currant bun. These are all healthier alternatives to cakes and biscuits.

- Don't forget dairy foods …you could try cheese triangles, fruit yoghurts or flavoured milk drinks as they provide calcium.

Checklist for Foods that are not permitted

• St Cuthbert's supports a **NUT FREE** environment. We have members of our school community who have intolerances to nuts. No nuts of any kind including peanut butter.	
• Packs of nuts • Peanut butter or Nutella sandwiches • Fruit and cereal bars that contain nuts • Chocolate bars or sweets that contain nuts • Sesame seed rolls (children allergic to nuts may also have a severe reaction to sesame) • Cakes made with nuts • Any home cooked meals for packed lunches that are made from nuts	
• **What types of food are nuts?** • Almonds • Cashew nuts • Hazelnut • Pistachio • Walnuts • Brazil nuts • **Nut oils** • Peanuts	
• Fizzy pop	

• Sweets such as boiled sweets or chews like ‘maoams’	

If you would like to discuss any of the information shared or have any queries, please contact the school office on 0191 2675677.