

Denmead Infant School Snack and Packed Lunch Guidance

Packed Lunch Guidance

A BALANCED MEAL CONTAINS:

Protein, e.g. meat, hummus, cheese, etc.

Carbohydrates, e.g. bread, pasta, potatoes, etc.

Fresh Vegetables

Fresh or Dried Fruit

Plain Water

(See the next page for healthy recipes/tips)

PLEASE AVOID:

Refined sugars, too much salt and saturated fats, which are found in certain products, e.g. chocolate, cakes, biscuits, fruit juice, fizzy drinks, pastries and sweets. (This list isn't exhaustive).

NO NUTS!

Please remember we are a nut free school, which includes **all types of nuts**, including nut products, e.g. peanut butter, Nutella, some cereal bars, etc.



Snack Guidance

Fresh Fruit

Dried fruit such as plain raisins

Fresh Vegetables

Plain water

