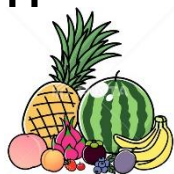


The NHS recommends that a healthier lunchbox should include:

Starchy carbohydrates that keep your child feeling fuller for longer (wholemeal bread, pasta, potatoes, rice). **Top Tip:** If your child does not like wholemeal bread, try making a sandwich from one slice of white and one slice of wholegrain to get them used to it. Please ensure sandwich filling are also low sugar - no chocolate spread please.

Make healthy swaps to cut down on crisps, chocolate and fruit bars that are high in refined sugar. Find out more about healthier snack swaps at <https://www.nhs.uk/healthier-families/food-facts/healthier-snacks/>

Only **ONE** small treat should be included in lunchboxes if absolutely necessary. No 'grab bag' crisps or extra-large sized chocolate should be included. A portion of fruit or a low-sugar yoghurt are much healthier choices. Calories should be under 100 calories.



Include at least one portion of vegetables or salad: cherry tomatoes, cucumber, celery sticks and sliced peppers all count towards your child's '5 a day'. You could add a small pot of cream cheese for your child to dip their vegetables in.

At Dashwood Banbury Academy, we believe that school meals are a great choice for your child, but if you choose to make a packed lunch for them instead, here are some tips for providing a healthier lunchbox. Please help your child to live a healthy life.

REMEMBER: We are a NUT-FREE school.

Please **NO** peanut butter, chocolate spread or nuts as snacks as some of our children and staff members have severe allergies.



Include fresh fruit that is in season: chopped apple, raspberries, strawberries, blackberries, blueberries and melon, all make great snacks too. **Top Tip:** add a squeeze of lemon juice to chopped fruit to stop it from going brown.



Include a source of protein such as beans and pulses; eggs; meat; cheese; and fish.

Find healthy lunchbox choices and ideas from the NHS at Change4Life and <https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>

Healthy Break-time Snacks

At Dashwood Banbury Academy, we are committed to supporting our pupils to make healthier choices to ensure they form the best habits now, for a healthier future. We know that it can be difficult to know what to do when it comes to snacks, so we have sought NHS advice to help you make and buy healthier options. Fruit and veg snacks are always the best choice, but if children are having packaged snacks, remember to only aim for one small one once a day that is under 100 calories.

Find out more at: <https://www.nhs.uk/healthier-families/food-facts/healthier-snacks/>

 Please support your child's health by only giving them one of these snacks to eat at break time	 If your child brings these in as snack, they will be asked to pack it away and bring it home with them.
<ul style="list-style-type: none">• Lower sugar fromage frais or yoghurt• Plain rice cakes or crackers with lower-fat cheese• Sugar-free jelly• Fruit: an apple, pot of berries, satsuma segments• Vegetable sticks: carrots, cucumber, celery, tomatoes• Low-sugar cereal bars (check the sugar content as these can often be high)• Under 100 calories - healthier choice snacks - rice cake snacks, malt loaf or small portion of dried fruit	<ul style="list-style-type: none">• Croissant - plain or chocolate/syrup filled - the sugar content in these are very high• Chocolate filled pancakes• Cereal bars or chocolate-covered cereal bars the sugar content in these are very high• Crisps• Chocolate bar of any kind• Cookies, biscuits or cake of any kind



Keep an eye out for the 'Good Choice' badge on products in stores and when shopping online to help you quickly find healthier options.

Drinks: To support oral health, in class, drinks must be **WATER ONLY**. Squash is only permitted to be drunk with lunch and should be a low-sugar or no-added sugar options. Fruit juices are also very high in sugar.

NO fizzy or energy drinks are permitted at any time.

