



Wilberforce Primary
The best in everyone™
Part of United Learning



A Guide for Parents & Carers

At Wilberforce we recognise the importance of a healthy, balanced lifestyle and teach our children to make good choices when it comes to their physical and mental health.

As part of this, we believe that packed lunches provided by a parent or carer should meet the best possible standards of nutrition for every child.

This guide outlines the expectations for packed lunches at Wilberforce.

YOUR CHILD'S PACKED LUNCH SHOULD INCLUDE ONE PORTION OF:



FRUIT



VEGETABLES



**MEAT, EGG,
BEANS OR
FISH**



**STARCHY FOOD
E.G. SANDWICH,
RICE OR PASTA**



**MILK, CHEESE
OR YOGHURT**



**BOTTLE OF
WATER**



**This packed
lunch is healthy
and balanced**

A healthy balanced lunch in 5 steps

1. Fill up on starchy foods by making a sandwich with bread, pitta or a roll, or make a salad with pasta, potato, couscous, lentils, rice or chickpeas.



2. Add a piece of fruit and add salad to a sandwich or eat vegetable sticks as a snack.



3. Add a little protein to sandwiches or salad.



4. Include yoghurt or cheese as a snack.



5. Pack water.



Ealing
www.ealing.gov.uk

Healthy Schools
Ealing

YOUR CHILD'S PACKED LUNCH SHOULD NOT INCLUDE THESE FOODS:



CHIPS &
OTHER HIGH
FAT SNACKS



CHOCOLATE
BARS, SWEETS,
CAKES



PASTRY/FRIED
FOODS



CEREAL BARS



SOFT DRINKS

INSERT
SCHOOL
LOGO
HERE

Please note: we are a nut free school. It is extremely important that no nuts are ever included in a packed lunch.



We also believe that treats every now and then are part of a balanced diet. We will allow these items on a FRIDAY ONLY.



We will be monitoring packed lunches daily. If we have any concerns about the quality of the food provided, we will contact you to let you know.

If you have any questions or would like further advice about our expectations, please call the school office or email:

admin@wilberforceprimary.org.uk

Further advice and guidance can be found at:

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/528193/Eatwell_guide_colour.pdf

<https://www.nutrition.org.uk/healthyliving/healthydiet.html>

<https://eatlikeachamp.co.uk/>