



Bohunt Horsham Healthy Lunches

Here are some tips for making sure your child has a healthy lunch that will give them the energy and focus they need for their afternoon. First of all though, some rules:

Bohunt Horsham Packed Lunch Rules

- Bohunt Horsham is a **no nut school**. Your child must not bring any nuts or food containing nuts to school. Please remember that nuts are in peanut butter, some chocolate spreads and snack bars.
- Do not put chocolate bars or sweets into your child's lunch box.

Bohunt Horsham Packed Lunch Guidance

- Keep processed food to a minimum. If you want to include processed food, limit it to one per lunch time. These are foods such as Dairy Lea Dunkers, String Cheese, Pepperami, crisps and biscuits. They are high in sugar and salt.
- If you want to include a treat that's fine - school dinners have a cake or pudding so of course that's only fair. We will try to encourage your child to eat it last after they've had the healthier bit. It would be better if the treat was low in sugar and had some nutritional value like a flapjack or a small cake with fruit in.
- A healthy balance would include the following:
 - A portion of starchy food such as wholemeal roll or bread, wraps, pitta pockets, pasta or rice salad
 - Plenty of fruit and vegetables, for example an apple, satsuma, handful of cherry tomatoes or carrot sticks, mini-can of fruit chunks in natural juice or a small box of raisins.
 - A portion of dairy such as semi-skimmed milk, a cheese portion, pot of yoghurt, or a dairy alternative
 - A source of protein such as lean meat, fish, eggs or beans such as chicken, beef, tuna, egg or hummus
 - A drink such as unsweetened fruit juice, milk or water. Please note that even a small smoothie can contain as much as 4 teaspoons of sugar.

For some good recipes and ideas you could visit this website.

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