

# Parent Guide for a Healthy Packed Lunch



A healthy packed lunch should contain a balance of proteins, fibre-rich carbohydrates, and plenty of fresh produce to maintain energy levels throughout the afternoon. For a nutritious and filling meal, aim to include one item from each of these categories:



**Lean Protein:** Choose options like grilled chicken, turkey slices, hard-boiled eggs, or tofu.



**Fibre-Rich Carbohydrates:** Opt for whole-grain versions of bread, pasta, or rice. Other great options include quinoa, sweet potatoes, and whole-wheat pitta or wraps.



**Fruit and Vegetables:** Fill half your lunchbox with a variety of colours. Try carrot sticks, cucumber slices, cherry tomatoes, or fruit like grapes and apples.



In addition to their water bottle, you may include a still soft drink in your child's packed lunch—no cans please.



**We are a nut free school—please do not pack any nuts or items containing nuts.**