

Gifford Primary School

Lunchbox Guidelines



Please ensure you do not send nuts in your child's lunchbox as some children have allergies.

Please ensure your child has sufficient food in their lunch box to last them throughout the day including snack times. A packed lunch should be provided in a clearly labelled lunch box or bag.



Healthy lunchbox suggestions

Try to vary the type of bread such as wholemeal, granary or high fibre white bread. Also make sandwiches from different kinds of bread including bread rolls, French bread, bagels and pitta bread as well as sliced bread. Use different sandwich filling each day- preferably including a fruit or vegetable.

Fruit and vegetables

Some fruits to try:

- ❖ Seedless grapes
- ❖ Satsuma, tangerines or clementine
- ❖ Small bananas
- ❖ Cherries
- ❖ Apples
- ❖ Plums
- ❖ Dried fruit such as apricots, dates or raisins
- ❖ Fruit salad

Some vegetables to try:

- ❖ Cherry tomatoes
- ❖ Carrot sticks
- ❖ Celery sticks
- ❖ Cucumber chunks
- ❖ Baby sweet corn
- ❖ Grated carrot and raisin salad



Drink

Having fun is thirsty work so please supply plenty of drinks for your child. Avoid sugary and fizzy drinks. Instead use water or fruit juice. Please do not send drinks in glass bottles.

Other lunchbox items

Sweet suggestions

- ❖ Scones
- ❖ Malt loaf
- ❖ Flapjacks
- ❖ Teacakes

Savoury suggestions

- ❖ Rice cakes
- ❖ Bread sticks
- ❖ Boiled eggs
- ❖ Cheese and crackers

Keep it cool to keep it fresh. We do not have refrigeration facilities. Please do not send items that will perish quickly in hot weather.