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.