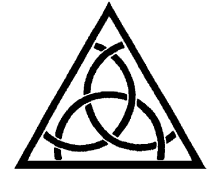




Trinity Christian School



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“Bringing the love of God into the classroom.”
“Enabling each pupil to achieve their God given potential.”

LUNCHBOX REQUIREMENTS



We have various allergies and therefore must ask you to adhere to the following:

- **NO NUTS** such as walnuts, almonds (**including Peanut Butter** or anything containing peanuts in it i.e. dressings, cakes etc)
- Be mindful if child has handled anything at home as it can be cross contaminate other food being brought – they must wash their hands before coming to school

Children only need one item for morning snack to be chosen from their lunchbox.

An example of a healthy lunchbox and some ideas of what to include:

- Fruit or vegetables
- A sandwich that includes a savoury filling (e.g. tuna, cheese, cooked meat) / starchy food such as cold pasta, rice, noodles
- Dairy food such as cheese, yoghurt, fromage fraise, yoghurt drink
- A bottle of **water** (must be named/labelled)
- **One** sweet treat (e.g. a small chocolate biscuit or cake) / crisps (baked or other low fat options)
- Seeds, savoury crackers, breadsticks, etc

The following change4life website has helpful tips on planning a fun and healthy lunchbox for your child: <http://www.nhs.uk/change4life/Pages/healthy-lunchbox-picnic.aspx>

We really hope you can support your child in helping them achieve a healthy lunchbox!



Please note that we do not have facilities for pupils to heat food and we request that no hot food or beverages are not brought to school, for health and safety reasons.



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