



St Joseph's Catholic Primary School, Guildford
The Way, The Truth, The Life

Healthy Snack and Lunch

At St Joseph's we encourage children to make healthy lifestyle choices and this should be reflected in the food they bring into school.

Please help support your child by providing them with a healthy snack and packed lunch (if they do not have a school meal).

Please remember St Joseph's is **nut free school**

Here are some healthy suggestions below:

Healthy snack ideas:

- ❑ Water bottle – water only
- ❑ Fresh fruit or vegetables
- ❑ Dried fruit e.g .raisins, apricots...



Healthy packed lunch ideas:

- ❑ Water
- ❑ Sandwich, wrap, pitta or pasta
- ❑ Fruit and vegetables
- ❑ Cheese, Yoghurt or fruit jelly



Tuna and bean salad



Spicy chicken and salad wrap



Creamy hummus dip with pitta bread and vegetable sticks

For further advice and guidance please visit:

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

<https://www.publichealth.hscni.net/news/top-tips-healthy-packed-school-lunch>