



BLOSSOMFIELD LUNCHBOX



Children at Blossomfield worked in their class councils to generate our lunchbox rules. Children felt we needed some sensible rules to keep our lunchboxes healthy in order to:

- Stop us getting sick from eating too much sugary food
- Help make us strong
- Look after our teeth and our bodies
- Be fit and healthy
- Give us brain food

We wanted to create a set of rules that we can all stick to. This is what we decided.

6 rules for lunchboxes at Blossomfield

Sandwiches, wraps and pasta are a great main. We can have ham, cheese chicken, tuna. No jam or chocolate spread please!

We can have **one pudding** with our lunch, such as a jelly, yoghurt or small cake.

Our drink needs to be **water** like our friends who have school lunches.

At least **one portion of fruit or veg** every day – but more is better!

(small pieces of fruit/veg, such as cherries or grapes **MUST** be chopped in half as they are a choking hazard)

Friday is treat day – this means we can have one treat in our lunchbox such as crisps or a chocolate biscuit. No treats on any other days.

NO NUTS or SEEDS – We are a nut free school due to allergies that could be life threatening to some of our friends.

PLEASE HELP US TO KEEP THESE LUNCHBOX RULES!