



# Lunch Box Ideas & Healthy Choices



Blackwood Primary and Early Learning and Childcare

Blackwood Primary and ELC is a nut free zone. We ask that children do not bring anything in their packed lunch that contains or may contain nuts. Some items include:

- Snickers or Lion Bar
- Chocolate spread (such as Nutella)
- Peanut butter
- Peanuts
- Kinder Bueno Bars



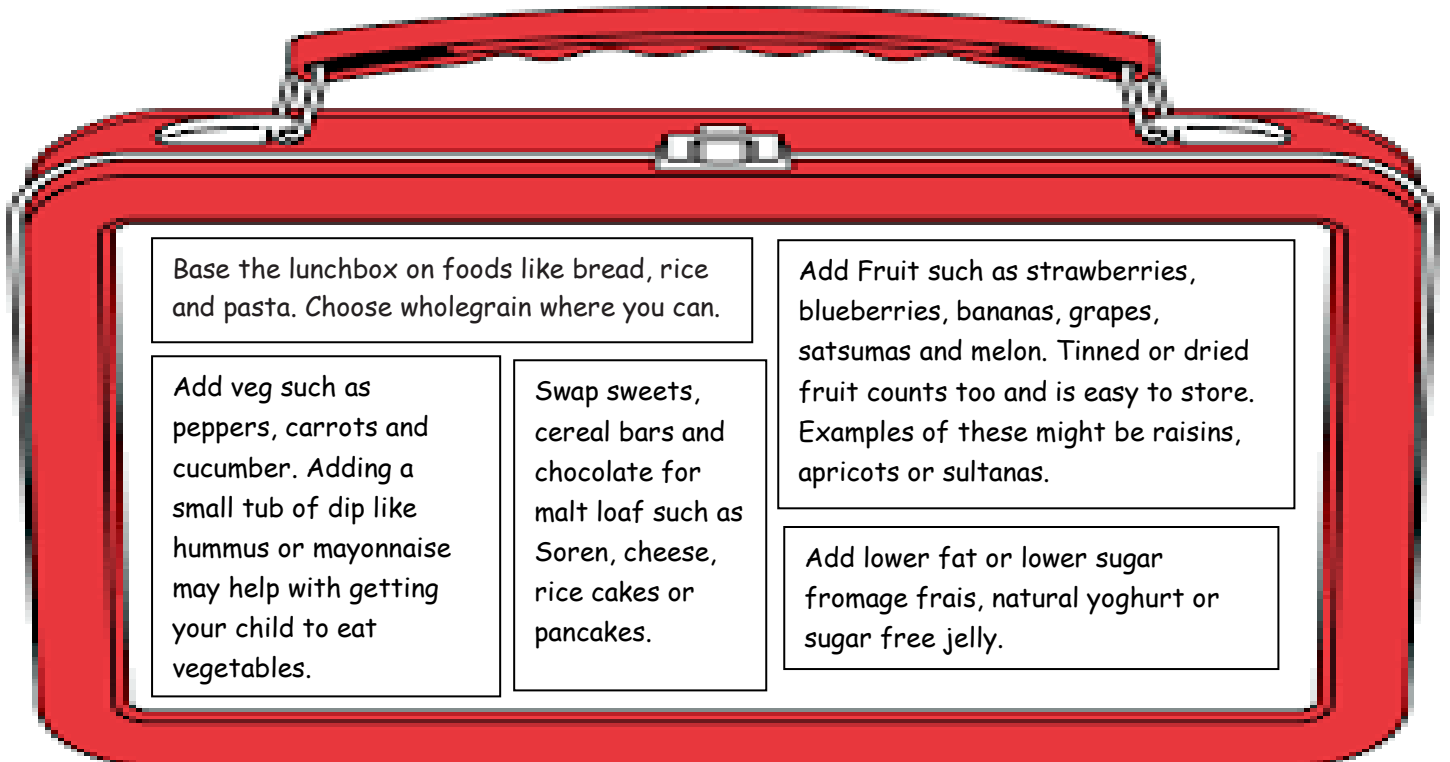
If in any doubt please speak to a member of staff.

We also ask that if children bring small fruits such as grapes or cherry tomatoes in their packed lunch that they are quartered lengthways to minimise the risk of choking.



Please remember to put an ice block in your child's packed lunch box to keep it cool and fresh.

## Lunchbox Tips



### Sandwich Filling Ideas-

- Ham
- Cheese (cream cheese or cheddar)
- Tuna Mayonnaise
- Egg Mayonnaise
- Chicken

Adding vegetables or salad to your child's sandwich is a great way to encourage them to eat some of their 5 a day, for example, cheese and tomato, tuna mayonnaise and cucumber, ham/chicken and lettuce, egg mayonnaise and cress.



