

PACKED LUNCHES

Lunch is one of the most important meals of the day. It gives children the energy to get through their busy afternoons. At Gearies, school dinners provide a hot, balanced and nutritious meal for your child. If you decide you would prefer to send a packed lunch into school each day, as an alternative, please use the illustrated “Eat-well Plate” to guide your food choices. Packed lunches need to offer a balance of ingredients to match children’s nutritional needs.

A packed lunch following the Eat-well Plate model will include one item in each category. We have added some suggestions to guide your choices.



Please note - at Gearies, children are not allowed the following in a packed lunch – chocolates, sweets, and carbonated drinks.

If you need any help with packed lunches, please ask at the office for support.