

Packed Lunch Policy

An Easy Guide for Parents and Carers

EVERY DAY

- Fruit and Vegetables - At least one portion of fruit and one portion of vegetables.
- Proteins - Meat, fish, eggs, or a non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus, falafel); try to include oily fish, such as salmon, mackerel. Carbohydrates - A starchy food such as any type of bread (white or wholegrain rolls, pitta bread or wraps), pasta, rice, couscous, noodles, potatoes or another cereal food.
- Dairy or alternative - A dairy food such as milk, cheese, yoghurt or fromage frais.

OCCASIONALLY

- Meat products such as sausage rolls, sausages/chipolatas and ham should be included only occasionally due to their high fat and salt content.
- Cakes and biscuits are ok occasionally, but should be eaten as part of a lunchtime to be kind to teeth.
- Crisps – Standard size packets are ok occasionally but larger grab bags are not permitted at any time.

NOT ALLOWED

- Confectionary – Sugary snacks such as chocolate bars and any form of sweets.
- Sugary soft drinks, such as fruit juice, squash and fizzy drinks (even if labelled as 'sugar-free', 'no-added sugar' or 'reduced sugar' as these drinks can contribute to tooth decay and provide little nutritional value). Flavoured milks and milkshakes are also not permitted.
- Unhealthy cold leftovers – Such as pizza, chips, fish fingers, etc.
- Nut and nut products, such as peanut butter and chocolate spread, as some of our children and staff have nut allergies.
- Hot drinks due to the risk of spillages and scalds.

Please note that plain water and plain milk are the only permitted drinks.

Hot food is permitted in a child-safe insulated food flask that can keep it warm until lunch.