



Lunchbox Guidelines for Parents

Aims:

- To ensure children have a suitable midday meal that sustains and prepares them for the afternoon learning.
- To support parents and carers in providing a healthy packed lunch that meets the same standards as food provided in school dinners and abide by the regulations of the British Nutrition Foundation.
- To ensure the safety of children with allergies.

Guidelines:

The recommended contents of a healthy lunch box are:

- A good portion of starchy food e.g. bread, roll or pitta, plain crackers, pasta or rice salad
- Plenty of fruit and vegetables e.g. an apple, satsuma, handful of cherry tomatoes or carrot sticks, mini can of fruit chunks (preferably decanted into a plastic container), small box of raisins
- A portion of dairy food e.g. individual cheese portion, pot of yoghurt
- A small portion of lean meat, fish or alternative such as egg or houmous
- One small biscuit or cake (in keeping with the Balance of Good Health Plate model, which allows a small portion of sugary/fatty foods to be consumed each day)
- Low fat crisps may be included on a Friday in keeping with school meals policy where chips / wedges are only served once a week
- A drink of water (we do provide water at school)

Packed lunches should not include:

- Crisps or other such snacks (Quavers, Skips etc.)
- Confectionery such as chocolate bars, chocolate coated biscuits and sweets. Cakes and biscuits are fine as part of a **balanced** meal
- Meat products such as sausage rolls, pies, corned meat and sausages should be included only occasionally
- Highly processed foods such as cheese strings and pepperoni sticks.
- A fruit or fizzy drink (water will be provided)
- **Nuts of any kind** (we have a number of children in school with nut allergies including peanut allergies)

From time to time children's lunch boxes are checked to ensure their contents are being eaten. The school is keen to ensure that all children have had adequate, healthy food to sustain their afternoon learning. Where a child has a significant amount of food left then they will be encouraged to eat some more.