




PACKED LUNCH POLICY

if you do send your child with a packed lunch please make sure it is nutritious and healthy. We have noted some unhealthy snacks and chocolate biscuits etc appearing in packed lunches. Please can parents making packed lunches please avoid such sugary foods. The recommendations for packed lunches are reproduced below:

For a balanced packed lunch select these healthier foods and drinks:

	Fruit and Vegetables	Include at least one portion of fruit and one portion of vegetables or salad every day.	✓
	Meat and Alternatives	Meat, fish or another source of non-dairy protein should be included every day. Non-dairy sources of protein include lentils, kidney beans, chickpeas, hummus, peanut butter; and falafel.	✓
	Oily Fish	Including oily fish, such as salmon, at least once every three weeks.	✓
	Starchy Food	A starchy food such as any type of bread or pasta, rice, couscous, noodles, potatoes or other cereals, should be included every day.	✓
	Milk and Dairy Food	Include a dairy food such as semi-skimmed or skimmed milk, cheese, yoghurt, fromage frais or custard every day.	✓
	Drinking Water	Free, fresh drinking water should be available at all times.	✓
	Healthier Drinks	Including only water, still or sparkling fruit juice, semi-skimmed milk, yoghurt or milk drinks and smoothies.	✓

Avoid including these foods in packed lunches:

	Snacks	Snacks such as crisps should not be included. Instead, include nuts, seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.	✗
	Confectionery	Confectionery such as chocolate bars, chocolate-coated biscuits and sweets should not be included. Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.	✗
	Meat Products	Meat products such as sausage rolls, individual pies, corned meat and sausages/chipolatas should be included only occasionally.	✗