

What should a packed lunch not include?

To keep children's lunches as healthy as possible, we would like the following items not to be included in packed lunches:

- Crisps or flavoured crisp type products e.g. snack-a-jacks
- Sweets
- Chocolate or chocolate items such as biscuits, cakes or desserts
- Fizzy and/or sugary drinks


How will packed lunches be monitored?

To ensure that children eat a healthy balanced meal, Lunchtime Supervisors will monitor packed lunches on certain days. If a packed lunch has an item that we discourage, a reminder slip will be sent home.

Children with healthy packed lunches and those who make healthy school meal choices may appear on our 'Lunchtime Stars' board.

Remember, if your child is in Reception, or Years 1 & 2 they are entitled to a free lunch.

Healthy Packed Lunch Reminder



Your child's packed lunch today contained an item that we aim not to have as part of our healthy packed lunch policy. This was:

Fried food _____

A chocolate item _____

Crisps _____

A sugary drink _____

Sweets _____

Cake _____

Please see our Packed Lunch Guide for ideas to replace this item in future. We really appreciate your help in keeping our children as healthy as possible.

If you have any questions, please see _____



PACKED LUNCH GUIDE

FOR PRIMARY SCHOOLS



For more information please speak to Marion who is available each Monday at 9.00 am

Why eat a healthy packed lunch?

New School Food Standards were introduced in January 2015 to ensure that all pupils are getting balanced and healthy food in school.

We have used these standards to create our packed lunch guide and help families with ideas. A healthy packed lunch can help children to:

- Have enough energy to concentrate and learn in the afternoon
- Keep calm and be prepared to do their best
- Get important nutrients to keep their bodies healthy

What should a packed lunch include?

Include a savoury main (with some salad)

Use the following ideas to help plan a healthy lunch for your child.



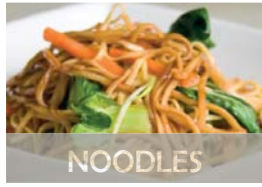
BAGEL



EGG SANDWICH



SALAD WRAP



NOODLES



SANDWICH



PASTA

- Cheese & tomato sandwich
- Tuna & salad wrap
- Cream cheese and lettuce bagel
- Hummus and cucumber roll
- Chicken salad pitta bread
- Cheese and sweetcorn pasta
- Chicken and pepper noodles
- Sardine and lettuce thin
- Tuna and sweetcorn pasta
- Egg, pepper and lettuce sandwich

Include some dairy



RICE PUDDING



CUSTARD



CHEESE PORTION



YOGHURT TUBE



FRUIT YOGHURT

Include some fruit or vegetables

- Satsuma
- Grapes
- Banana
- Cucumber
- Carrot batons
- Raisins
- Tinned fruit salad
- Cherry tomatoes
- Dried apricots
- Plum



GRAPES



CHERRY TOMATOES



BANANA



SATSUMA



CARROT

Snacks



FRUIT SCONE



PLAIN RICE CAKE



CRACKERS



PLAIN BISCUIT



PLAIN BREADSTICK

WE ASK FAMILIES TO INCLUDE AN ICE-PACK IN EACH PACKED LUNCH TO KEEP THE FOOD COOL .