

# Packed Lunch Guidelines

## Overall aim

*To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is similar to food served in schools, which is now regulated by national standards.*

## Food and Drink in Packed Lunches

### Our guidelines for packed lunches are:

- *At least one portion of fruit and one portion of vegetables every day.*
- *Some protein meat, fish, cheese or other source of protein every day.*
- *A starchy food such as any type of bread (preferably brown bread), pasta, rice, couscous, potatoes or other type of cereals every day.*
- *Dairy food such as milk, cheese, yoghurt, fromage frais or custard everyday*
- *Only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks/smoothies.*
- *Nuts or seed (with no added salt, sugar or fat).*
- *Savoury crackers or breadsticks.*

### We would recommend that these foods are not included:

- *Snacks such as crisps - baked crisps/snacks are fine*
- *Chocolate bars or chocolate-coated biscuits*
- *Sweets*
- *Meat products such as sausage rolls, individual pies, corned meat and sausages.*
- *Fizzy drinks*

### ***Special diets and allergies***

The school also recognises that some pupils may require special diets that do not allow for the recommendations to be met. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible.

### ***Birthdays***

Children can bring in sweets (individual packets) to be shared out for their birthday. These will be handed out at the end of the day so that parent can decide when/if they wish their child to have them.