



Packed Lunch Guidance

- The school will provide appropriate and attractive facilities for pupils eating packed lunches and ensure that free, fresh drinking water is available at all times.
- As fridge space is not available, pupils/parents are advised to bring packed lunches in insulated bags with freezer blocks where possible.
- The school will enable pupils eating packed lunches and pupils eating school lunches to sit together.

Packed lunches should include:

1. At least one portion of fruit and one portion of vegetables every day.
2. Meat, fish, eggs, or a non-dairy protein (e.g. lentils, kidney beans, chickpeas, houmous, peanut butter, falafel) every day.
3. Oily fish, such as salmon, at least once every three weeks.
4. 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 every day.
6. A dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.
7. A drink of water (Which can be obtained from school water dispensers), fruit juice or smoothie (maximum portion 150 ml), semi-skimmed, 1% fat or skimmed milk, yoghurt or another milk drink.

Packed lunches can occasionally include:

1. Meat products such as sausage rolls, individual pies, corned meat and sausages.
2. Cakes and biscuits, but encourage your child to eat these as part of a meal.

Packed lunches should not include:

1. Salty snacks such as crisps - instead include nuts, seeds, vegetables and fruit with no added salt, sugar or fat.
2. Confectionery such as chocolate bars, chocolate-coated biscuits, cereal bars, processed fruit bars and sweets.
3. Sugary soft drinks, such as 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.