

Packed lunch guidelines

We are a healthy school. Our school meals meet the Government's nutritional requirements and we have guidelines for parents choosing to give their children a packed lunch.

Dieticians recommend you include each day ...

1 portion of fruit

1 portion of vegetables/salad

1 item of milk/dairy (eg yoghurt, cheese, custard)

1 source of protein (eg egg, fish, cooked meat, falafel)

Starchy food (eg bread, pitta bread, bread sticks, rice cakes, oatcakes, potatoes, rice, pasta, couscous)

Drink – water/100% natural fruit juice/unsweetened fruit smoothies/unsweetened flavoured milk

NB water is available at school.

Foods which are NOT allowed in packed lunches

NO NUTS OR NUT PRODUCTS

Dried fruit **with added sugars and fat**

Fruit bars **with added sugars and fat**

Yoghurt **with confectionary corners (eg chocolate, toffee, crumble)**

Pepparami sticks (**high in fat and salt**)

Sausage rolls (**high in fat**)

Chocolate and chocolate-coated products

Chocolate spread

Chocolate milk

Cereal bars (**high in sugar**)

Crisps, Mini Cheddars etc

Flavoured rice/corn/rye bread crackers (**eg Snack-a-Jacks**)

Cream desserts (**eg mousse, trifle**)

Cakes

Biscuits

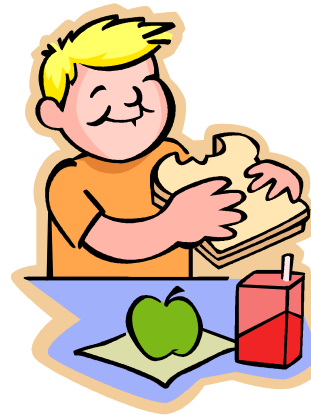
Juice drinks (**these have added sugar**)

Fizzy drinks

Danish pastries, croissants (**these are high in fat and/or sugar**)

French fries

Sweets



Friday treat

We think it is important children understand that occasional treats in moderation can be part of a balanced diet. For this reason, we allow children with a packed lunch to have one small treat in their packed lunches on a FRIDAY only.

This could be ONE of the following

A yoghurt with a jam corner

A biscuit

A SMALL cake

A sweetened juice drink

No chocolates, sweets or crisps please.