

Packed Lunch Policy

Recommendations for healthy packed lunches:

If children elect to have sandwiches rather than a school dinner we would strongly recommend following the official advice about what may comprise a healthy packed lunch – a leaflet is available from the school office if required. A balanced and nutritious meal at lunchtime is seen as very important to promoting good health and ability to learn well. Again we would ask that packed lunches do not include sweets or crisps as both have high sugar or salt contents. We would also recommend that children drink water with their meals rather than bring in drinks -if a drink is included this should be limited to a carton of fruit juice.

There are lots of different ways you and your child can make their lunch healthy and appetising. Below are some tips and ideas to help you and your child make healthy choices.

Snacks

Try to avoid things that are high in salt, fat and sugar – these do not help your child's concentration.

Try one of these instead of biscuits or crisps:

- Slice of fruit bread
- Bread sticks with cheese spread
- Fruit muffin
- Carrot cake
- Scones
- Two plain/fruit biscuits
- Chopped vegetables
- Small packet of raisins
- Small tub of mixed nuts, seeds and dried fruit.



Fillings

Try to include a vegetable or salad item with your fillings. This helps boost your child's '5 a day'.

Try these fillings:

- Tuna, sweetcorn and cucumber
- Ham and lettuce
- Salmon and cucumber
- Egg and cress
- Chicken salad
- Cheese and cucumber



Sliced tomato can make bread soggy and children are less likely to eat it.

Other options

Not all children like sandwiches, why not try these:

- Pasta salad with tuna or chicken
- Mini pizza made with a healthy topping
- Chicken salad
- Roasted Vegetables and rice

Yoghurts and fruit

These are a really good way to give your child a healthy snack full to vitamins and calcium. Try a small pot of chopped fruit like strawberries or grapes, children love them.

Bread

There are lots of different varieties of bread to choose from, try one of these:

- Pitta bread
- Wraps
- Small bread rolls



Drinks

Water is provided for every child in school at lunchtime. If you pack your child a drink please check the sugar content as some drinks can be high in additives and sugar; these can contribute to tooth decay and lack of concentration.

General information:

- Please wash lunchboxes each day
- Do not include hot food items.
- A small ice/gel pack will help keep food cool.
- Limit the amount of food to avoid waste.
- Include a fork or spoon (if required).

Please do not include sweets or chocolate bars – however a chocolate biscuit is fine.