



Healthy Packed Lunches

At school we promote healthy eating through the curriculum as well as through school dinners and packed lunches.

There are some great ideas available on websites such as Children's Food Trust or NHS Change for Life which can be found at:

- <http://www.childrensfoodtrust.org.uk/childrens-food-trust/parents/your-childs-food-at-school/packed-lunches/what-to-put-in-a-lunchbox/> or
- <https://www.nhs.uk/change4life-beta/healthier-lunchboxes#xeOvS1Fm9mXXZrov.97>

If you choose to send your child with a packed lunch it should not contain fizzy drinks or lots of sugary treats. We do allow the children to have a treat which should be **either** one biscuit **or** one cake. **No** chocolate bars or sweets are allowed.

We also do have a number of children in school who have allergies to certain foods, including nuts. With this in mind, we must ask that parents **do not include items in their child's packed lunch that contain nuts**. This includes peanut butter and chocolate spreads.

If your child's packed lunch does contain items which should not be included or lots of biscuits and cakes, you will receive a note in the packed lunch bag as reminder or the items will be left inside the lunch bag for home time. We do not remove items from children and if they are asked to leave an item for home, we would endeavour to replace it with something else if necessary from the school cook.

Children on packed lunch are also asked to place any rubbish or uneaten items from their lunch back into their packed lunch container each day, rather than in the bin, this is so that parents know what their child has eaten.