

Dear Parents/Carers

For children who bring in a packed lunch to school, we have a Food Policy to encourage healthy eating. Below is the section from our Food Policy on packed lunches. Please ensure that your child brings in a healthy packed lunch for school.

Packed Lunch Policy

Aim

To ensure that all packed lunches brought from home and consumed in school hours (or on school trips) provide pupils with healthy and nutritious food that is in line with The School Food Standards.

Why was this policy produced?

- To make a positive contribution to pupils' health and reflect a Healthy School
- To promote consistency between packed lunches and food provided by the school which complies with the National Food Standards set by the government.

Packed lunches should include:

- At least **one portion of fruit** and **one portion of vegetables** every day.
- **Meat** or other source of **non-dairy protein** (e.g. lentils, kidney beans, chickpeas, hummus or falafel) every day.
- Fish at least once a week and oily fish, such as salmon, trout, mackerel and sardines, at least once every three weeks.
- A portion of **starchy food** such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day (we encourage wholegrain varieties)
- A portion of **dairy** such as semi-skimmed milk, low fat cheese, low fat and sugar yoghurt, fromage fraise, soya products every day.
- Only water, semi-skimmed or skimmed milk, smoothies, yoghurt or milk drinks are permitted.
- If a desert is included we ask that it is **fruit based pudding**, this is in line with the fruit based pudding that children with school meals receive, examples are fruit salads or tinned fruit with yoghurt or custard, fruity rice puddings, fruit smoothies and fruit based crumbles.

Packed lunches should not include:

- Salted snacks such as crisps.
- Confectionery such as chocolate bars, chocolate-coated biscuits, chocolate spread, sweets and chewing gum.
- Meat products such as sausage rolls, individual pies, corned meat and sausage/chipolatas should be included only occasionally (no more than twice a week)
- Fizzy or sugary drinks*

*22.5g sugar per 100g is high (5g /100g is low)

