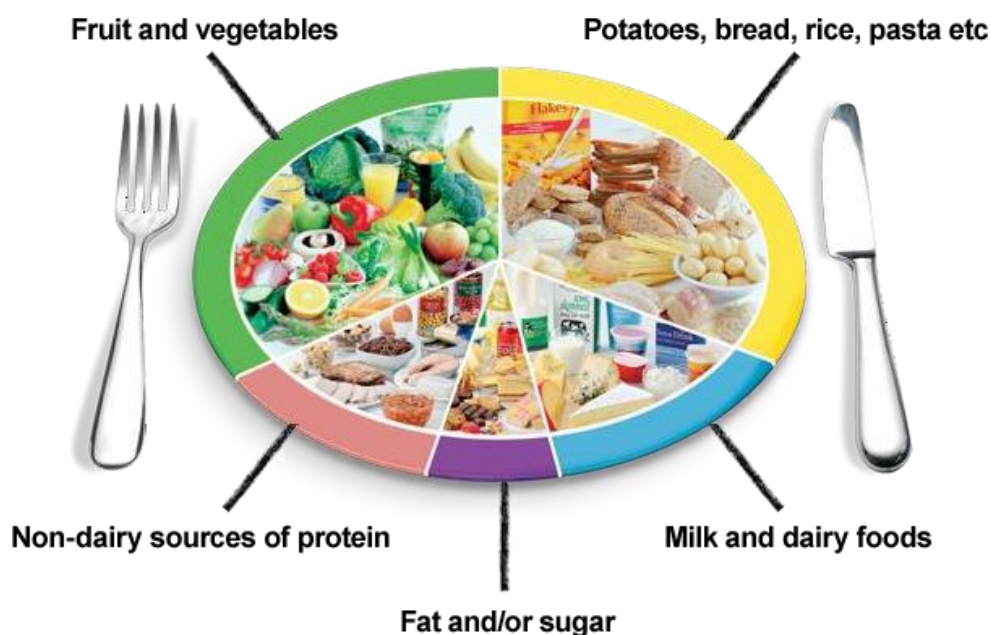


Contents of a healthy packed lunch?

Packed lunches should be based on the Eat Well plate model:

The eatwell plate



Your child's packed lunch should include the following every day:

- **Fruit and Vegetables** - at least one portion of fruit (fresh, dried or tinned) and one portion of vegetables or salad.
- **Non dairy source of protein** - meat, fish, egg, beans or pulses such as lentils, kidney beans, chickpeas or hummus.
- **Starchy food** - bread, pasta, rice, couscous, noodles
- **Dairy** - milk, cheese, yoghurt, fromage frais
- **Drinks** - water, 100% fruit juice, milk, yoghurt or milk drinks and smoothies

Foods to limit:

- meat products such as sausage rolls, individual pies
- cakes, small chocolate biscuits and other biscuits are allowed but children should be encouraged to enjoy these as part of a balanced meal
- crisps

Packed lunches should NOT include:

- confectionery, such as chocolate bars or sweets
- chocolate spread, jam, honey or marmalade as a filling for sandwiches
- fizzy drinks/sugary drinks. This includes diet drinks and energy drinks which contain high levels of caffeine and other additives.

NUTS - due to allergies in school, nuts are not permitted in packed lunches.

Special Diets and allergies:

We recognise that some pupils have specific dietary needs or allergies which do not allow the exact standards to be met. In these cases, we would urge parents to ensure packed lunches are as healthy as possible. For these reasons, **pupils will not be permitted to swap foods.**