

What should a packed lunch not include?

To keep packed lunches as healthy as possible, we would like the following items not to be included in packed lunches:

- Crisps or flavoured crisp type products e.g. snack-a-jacks
- Sweets
- Chocolate or chocolate items such as biscuits, yogurts, cakes or desserts

What drinks should be included?

Water is the best drink and we should drink about 6 – 8 glasses (1.5 to 2 litres) a day. The school has water available to fill up water bottles. Drinking water is very important to stay healthy and to be able to concentrate.



How will packed lunches be monitored?

We may monitor what pupils bring in for lunch and talk to the pupil and potentially talk to parents about foods brought in that does not meet the school packed lunch guidance.



Packed Lunch Guide



Why eat a healthy packed lunch?

New School Food Standards were introduced in January 2015 to ensure that all pupils are getting balanced and healthy food in school.

We have used these standards to create our packed lunch guide and help with ideas. A healthy packed lunch can help to:

- Have enough energy to concentrate and learn in the afternoon
- Keep calm and be prepared to do well at school
- Get important nutrients to be healthy

What should a packed lunch include?

Use the following ideas to help plan a healthy packed lunch

1. Include a savoury main (with some salad)



Cheese & tomato sandwich



Tuna and salad wrap



Cream cheese and lettuce bagel



Hummus and cucumber roll



Chicken salad pitta bread



Cheese and sweetcorn pasta



Chicken and pepper noodles



Sardine and lettuce thin



Tuna and sweetcorn pasta



Egg, pepper and lettuce sandwich

2. Include some dairy (low sugar versions)



Tzatziki dip



Rice pudding



Custard



Cheese portion



Fruit yoghurt

3. Include some fruit or vegetables



Cherry tomatoes



Cucumber



Carrot



Grapes



Banana



Salad



Tinned fruit salad



Satsuma



Dried apricots



Plum

4. Include an extra low fat/low sugar snack, if needed



Plain breadsticks



Plain rice cakes



Fruit scone



Crackers



Plain biscuit

