

**Packed lunches**

If your child has a packed lunch we ask that you do not provide them with sweets, chocolate bars or confectionery items which includes yogurts which include sweets such as buttons corner desserts.  Fizzy drinks or energy drinks in cans or bottles are not allowed.

We ask that you do not provide your child with Nutella/nut -based chocolate spread, peanut butter, nuts/seeds or any other nut -based products.  This is for health and safety purposes as we have children and adults in school who have severe allergies.

**Healthy Lunchbox checklist**

* A good portion of starchy food, e.g. thick wholemeal bread, chapatti, pita packet, pasta or rice.
* Plenty of fruit and vegetables, e.g. an apple, satsuma, handful of cherry tomatoes, carrot sticks, mini can of fruit in natural juice.
* Portion of milk or dairy food, e.g. individual cheese portion, pot of yoghurt (without confectionary e.g. muller corner yoghurts)
* Portion of lean meat, fish or alternative, ham, chicken, beef, tuna, egg, humus or bean/lentil salad.
* A drink of fruit juice, milk or water

If you do provide crisps or savoury biscuits (such as mini cheddars) or packets of mini biscuits / mini cake bars, as part of a packed lunch, please limit them to one portion.

Please ensure that items such as grapes are sliced in half length ways to reduce choke hazards and that children are able to open all packets / peel fruit independently.

All uneaten food and litter will be returned home inside boxes so that you can monitor what your child has eaten.

We store boxes on trollies so please ensure that your child uses a standard sized lunch bag / box which will fit on the trolley. The trollies are not refrigerated so you may wish to use a mini freezer pack to keep items cold and fresh.