



Packed Lunches

Our school meals are carefully planned to offer the best, balanced nutrition for primary aged children. However some children prefer to have a packed lunch. The government changed the legislation covering food in schools, in January 2015. At that point we altered our snack policy to ensure that we complied with the advice being given. This legislation was then amended to include packed lunches. The Change4life website has a really good interactive site giving guidance for packed lunches: [Lunchbox ideas and recipes – Healthier Families - NHS](#)

We follow this guidance, together with Government legislation for school meals. For a main dish sandwiches, wraps, salads, bagels, pasta salads, pitta bread sandwiches or dips are recommended, with fruit or salad to accompany. Alongside or to finish they suggest frozen berries with yoghurt, jelly, malt loaf, fruit snack pots, unsweetened or salted popcorn (home made), raisins, teacake or unsweetened and unsalted rice cakes. To drink the children may have water, milk or unsweetened fruit juice.

We suggest a cool pack is used within the named lunch container as we are unable to offer refrigeration. All lunch boxes and snack boxes must be clearly labelled with your child's name and class. They should be taken home each day. Any food containers found with leftover mouldy food will be immediately thrown away.

The strict restrictions on snacks are still in place and the children may only bring: fruit, vegetables, dried fruit, malted fruit loaf, unsalted and unsweetened rice cakes or bread and butter. Please check the salt or sugar content before giving snacks to your child (chocolate coating is not permitted). These restrictions apply to snacks before after school clubs just as they do to mid-morning snacks.

We no longer allow birthday treats to be given out at the end of the day. If you wish to celebrate your child's birthday with the class we suggested a donated book to share for the class library or a wet play board game or similar. There is no expectation for any gifts.

We have several children in school with severe allergies. No nuts are permitted in school at all and children are asked not to share food due to potential food allergies.

Please ensure the school is notified of any food allergy, even if your child is on packed lunches.