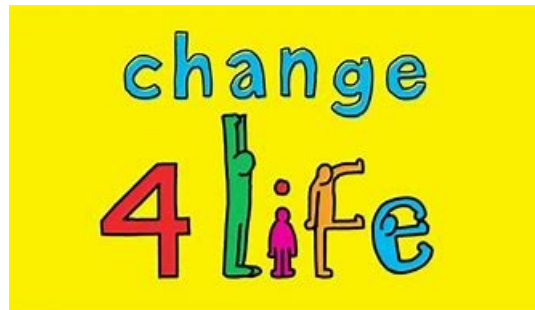


Useful websites

www.schoolfoodtrust.org.uk

www.nhs.uk/change4life



This leaflet was designed and produced by Lexi Williams, Alex Dodgson and Logan Little (School council 2017-2018) in conjunction with the School Nutritional Action Group (SNAG).



Packed Lunch Policy

Food policy for the children of this marvellous school.

Please follow this policy to keep your child healthy.

Parent's Policy—reviewed

September 2020

What you should have everyday



A source of protein such as:

- Ham
- Chicken
- Tuna
- A vegetarian or vegan option

A fruit or vegetable:

- Orange
- Apple
- Carrots



Something containing dairy such as:

- *Cheese
- *Yoghurt

A starchy food (**carbohydrate**) such as bread, pasta, potatoes or rice.

Plain biscuits (not chocolate covered) may be included everyday. Why not include some healthier options instead of crisps? E.g. crackers, breadsticks or rice cakes.

What you should never have



- Sugary drinks
- Energy drinks
- And all the other fizzy drinks



- Chocolate or sweets

Nuts or anything containing nuts (including chocolate spread).



Soup or any hot food in a flask.



Sometimes

Each day your child's lunchbox may contain one of the following;

- Crisps, cake or chocolate covered biscuits.