

Primary School – Packed Lunch Guidance

We want to help every child enjoy a healthy, balanced lunch that keeps them happy, focused, and ready to learn throughout the day. If you choose to send a packed lunch from home, please take a moment to read through our guidance below.


Allergies

Our school is a **nut-free zone**. Parents need to ensure that their child's packed lunch is entirely nut free so **no nuts or nut products or may contain nut products** are sent into school — this includes items like peanut butter, Nutella, cereal bars with nuts, or pesto made with nuts. This helps keep all our pupils safe.

What to include each day

Try to include items from each of the following food groups:

- **Fruit and Vegetables:** Aim for at least one portion of fruit and one portion of vegetables or salad each day.
- **Protein:** This can come from meat, fish, or non-dairy sources such as lentils, beans, chickpeas, hummus, or falafel.
- **Starchy Foods:** Include foods like bread, pasta, rice, couscous, noodles, potatoes, or other grains to give your child lasting energy.
- **Dairy:** Add a portion of milk, cheese, yoghurt, fromage frais, or custard to support strong bones and teeth.

 **Tip:** Try to include oily fish (like salmon or tuna) at least once every three weeks — great for brain health!

Drinks

Fresh drinking water is freely available in school, **no other additional drinks are permitted.**

Snacks and treats

- Crisps are best kept as an **occasional treat**. Instead, try seeds, veggie sticks, or fresh fruit.
- Savoury crackers or breadsticks go nicely with cheese or hummus.
- **Chocolate bars, sweets, and chocolate-coated biscuits should not be included.**
- Small cakes or plain biscuits are fine occasionally as part of a balanced lunch.
- Meat snacks such as sausage rolls, pies, or mini sausages should be **limited** to once in a while.

By working together, we can ensure every child enjoys a nutritious, safe, and satisfying lunch every day. Thank you for your support in helping us promote healthy eating at school!