

### Packed lunch guidance

The UK government produced packed lunch guidance to support the implementation of new school food standards for school lunches and ensure that all children benefit from eating quality food during the school day.

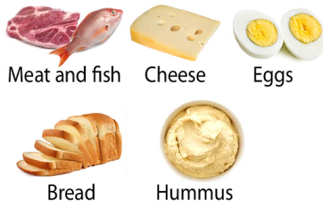
**\*Please ensure that packed lunches have an ice pack inside to keep the contents cool and that all boxes/bags/water bottles are named.**

We are asked by OFSTED to provide parents with appropriate food content for lunch boxes. The recommended contents of a healthy lunch box are:



- A good portion of starchy food e.g. wholegrain roll, thick slice of wholemeal bread, pitta pocket, plain cracker, wrap, pasta or rice salad.

- Plenty of fruit and vegetables e.g. an apple, satsuma, handful of cherry tomatoes or carrot sticks, mini can of fruit chunks (decanted into a plastic container), small box of raisins



- A small portion of lean meat, fish or alternative e.g. 2 slices of ham, quorn, cheese, tuna, egg or hummus.

- A portion of dairy food, such as cheese, yoghurt, fromage frais or custard should be included every day



- Please send in a named water bottle filled with water.
- **You must not include:** anything containing nuts, crisps, chocolate, sweets, and chocolate-covered biscuits. Instead you could include: crackers or breadsticks. If these are included they will be taken out of the lunch box and put in the book bag to be returned back home. Cakes and biscuits are allowed but these should be part of a balanced meal.