

FOODS SUITABLE FOR A HEALTHY PACKED LUNCH



Drinks
Milk and Water
will be provided
by school



Bread, Rice,
Potatoes
and Pasta



Fruit and
Vegetables



Meat, Fish
and
Non-Dairy
Protein

Desserts



Milk and
Dairy Foods

Sandwiches,
Bagels and Wraps



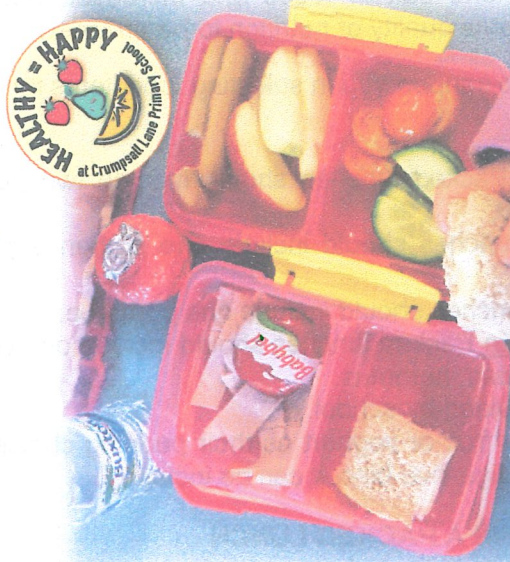
Plain Biscuits

Dear Parents/Carers,

The Government has placed a duty on schools to ensure that every child is healthy. There is an expectation on all schools to promote a culture of healthy eating and this is something we aim to do with the children in our school, whether they have a school dinner or a packed lunch.

We make sure that our school meals meet the Government's nutritional guidelines (for instance, reduced amounts of sugar, fat and salt in foods and increased amounts of fresh fruit and vegetables) and we expect the same quality of nutrition to be provided in packed lunches.

Please use this leaflet for guidance to support you in selecting food items for your child's packed lunch.



A Crumpsall Lane Healthy Packed Lunch

Children eating healthy
lunches will be
rewarded with stickers



Thank you for your co-operation. If you have any questions or queries about our packed lunch policy, please speak to your child's class teacher.
Regards, Ms. Adams

FOODS NOT TO BE INCLUDED IN A PACKED LUNCH

These are all foods we have already indicated are not to be brought in to school.



Chocolate Bars



Chocolate
Coated
Biscuits



Sweets



Nuts



Crisps



Fruit or Juice Cartons
and Canned or
Bottled Fizzy Drinks

