



September 2021 - Packed Lunches – Guidance for parents

There are certain criteria that we have to meet as a school regarding the promotion of healthy eating. We have good control over what children eat when they have school lunches, but we have decided to introduce Packed Lunch Guidance to Manby Lodge.

If parents whose children have packed lunch can adhere to this guidance it will ensure that there is consistency across what we offer for school lunches and what children eat for packed lunches.

- The school will ensure that fresh drinking water is available at all times and plastic 'glasses' are available to children in the lunch hall.
- As fridge space is not available we suggest that packed lunches are brought in insulated lunch bags with freezer blocks, if required.
- Pupils eating packed lunches will sit together within their own class on one table. Children who eat school lunches sit close by, sometimes on the same table. This depends on the number of children who have packed lunches.

As a guide packed lunches should include:

- At least one portion of fruit **and** one portion of vegetables every day.
- A starchy food such as any type of bread (white or wholegrain rolls, pitta, wraps), pasta, rice, couscous, noodles, potatoes or another cereal.
- Meat, fish, eggs or a non-dairy protein (e.g. ham / cooked chicken / turkey / tuna / prawns / egg mayo in sandwiches, lentils, kidney beans, chickpeas, houmous)
- A dairy food such as milk, cheese, yoghurt, fromage frais or custard.
- A drink of water, fruit juice or smoothie (about 150ml portion), semi skimmed/skimmed milk or yoghurt drink.

Packed lunches can occasionally include:

- Meat products such as sausage rolls, individual pies, processed meat (salami etc) and sausages.
- Cakes, biscuits and cereal bars, but encourage your child to eat these as part of a meal.
- Salty snacks such as crisps.

Packed lunches SHOULD NOT include these:

- Confectionary such as chocolate bars or sweets of any kind.
- Sugary soft drinks, squash or fizzy drinks.
- NO NUTS OR ITEMS THAT CONTAIN ANY TYPE OF NUTS.

OUR DINNER HALL AT LUNCH MUST BE NUT FREE.

We understand that each child is different and some children have specific tastes. If you can use the above as a guide it will enable your child to enjoy a healthy and filling lunch.