

## **Packed Lunch Guidance**

Please put your child's packed lunch in an insulated packed lunch bag. Here are a few examples of packed lunch bags. Please ensure that your child's name is on the bag.



The bags will not be refrigerated, so if anything in the bag can spoil please put in an ice pack. Here are a few examples of ice packs that you can use to keep food cold.



We are not able to warm food, so if you would like your child to have hot food please send it in using a food flask. Here are a few examples of food flasks.



We will provide cups and water (or milk) for children, so please do not send drinks in.

Children will be provided with a plate and spoon/fork and knife where appropriate.

We will throw away empty packaging, but we will leave uneaten food in your child's packed lunch bag so you can see what he/she has eaten.

### **A balanced packed lunch should contain:**

- Starchy foods such as bread, rice, potatoes, pasta and others.
- Protein foods such as meat, fish, eggs, beans and others.
- A dairy item such as cheese or a yoghurt.
- Vegetables or salad, and a portion of fruit.

## Please do not send in:

- Fizzy drinks, fruit juices or any other drinks
- Sweets or chocolate
- Biscuits
- Crisps
- Nuts or food containing nuts
- Popcorn

To reduce the risk of choking, please ensure that small round fruits like grapes, cherries, berries, strawberries and cherry tomatoes are cut into quarters (4 small pieces.)



Please try not to send too much food in.

The Eatwell Guide may support you in planning a healthy packed lunch for your child.

