

Packed Lunch Guidance

We aim to ensure that all food choices offered to pupils are nutritious and that pupils are given the knowledge to make healthy food choices.

Our goal is to support parents/carers in providing healthy and nutritious packed lunches that will help the school to promote a healthy environment and result in well fed/hydrated pupils who are ready to focus, concentrate and are full of energy to learn.

Children who bring a packed lunch to school will eat their lunch in the school café alongside pupils who have school meals. Our curriculum teaches children about making healthy choices and we will also support parents and families in making healthy choices.

Packed lunches will be monitored and pupils will have opportunities to earn rewards for making healthy choices.

Packed Lunches Should Include	Packed Lunches Should Not Include
<ul style="list-style-type: none"> • At least one portion of fruit/vegetables a day • A source of protein such as meat, fish, eggs, lentils or meat-free protein such as tofu and Quorn • A starchy food such as bread, pasta, rice, noodles or potatoes • Dairy food such as cheese, yoghurt or fromage frais • A drink of water, fruit juice, milk, sugar-free squash or a smoothie 	<ul style="list-style-type: none"> • Nuts or any products that contain nuts such as peanut butter or Nutella. We are a nut free school • Chocolate bars or sweets. Cakes and biscuits are allowed but only as part of a balanced meal. • Fizzy or sugary drinks • Crisps should be discouraged and limited due to their high fat and salt content. Instead, choose savoury crackers or breadsticks. In our aim to limit crisps we will only allow them to be brought into school once a week on a Friday.



If you require this letter to be translated, please ask in the school office. ਜੇ ਤੁਹਾਨੂੰ ਇਸ ਪੱਤਰ ਦਾ ਅਨੁਵਾਦ ਕਰਨ ਦੀ ਲੋੜ ਹੈ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਕੂਲ ਦੇ ਦਫਤਰ ਵਿੱਚ ਪੁੱਛੋ।
- دفتر میں پوچھیں۔ براہ کرم اسکول کے دفتر میں پوچھیں۔ تو، براہ کرم اس خط کا ترجمہ کرنے کی ضرورت ہے تو، براہ کرم اسکول کے دفتر میں پوچھیں۔

Contact details: Telephone: 01753 521481 Email: gjaoffice@theparkfederation.org

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