



Packed Lunch Policy

Dear Parents/ Carers,

At North Walkden we like to promote and encourage a healthy diet and I'm sure you will support us with this.

We understand it can be tricky to think of a good variety of lunches to provide a balanced diet, so we are providing some information and guidance on healthy options and also advise you on what is **not** permitted.

According to NHS choices a balanced lunchbox should contain:

- Starchy foods like bread, rice, potatoes or pasta
- Protein foods like meat, fish, eggs or beans
- A dairy item, like cheese or yogurt
- Vegetables or salad and a portion of fruit – **PLEASE NOTE THAT GRAPES MUST BE CUT LENGTHWAYS**

For inspiration take a look at the website below for some great lunch ideas.

<http://www.bbcgoodfood.com/howto/guide/school-packed-lunch-inspiration>

Yes	NO
Sandwiches / wraps / pitta pockets	Sweets / chocolate bars / cakes
Pasta salads – tuna / cheese	Yoghurts with sweets (muller corners)
Cheese – cubed, sticks, spread	Crisps (every day)
Hummus and bread sticks / veg sticks	Sausage rolls (every day)
Salad – pepper sticks, carrot sticks, cucumber, tomatoes	pastries
Fruit salad or piece of fruit	Fizzy drinks / fruit shoots / electrolyte or sports drinks
Small biscuit – kit kat /club/ breakaway	
Water / weak cordial / low sugar fruit juice / milk	

Thank you for your co-operation in this matter,

Mrs Warburton