

Primrose Hill Primary School

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Packed Lunches at Primrose Hill

We aim to:

We aim to ensure all pupils have a healthy diet which positively contributes to their health, wellbeing as well as their ability to learn at school and be active for their growth and development. Please use this guidance to help you prepare packed lunches for [school and school trips](#). This guidance has been written according to advice from the Local Authority.

Packed lunches should include:

- At least one portion of fruit **AND** one portion of vegetables every day
- A starchy food such as bread, pasta, rice, couscous, noodles or potatoes every day - choose wholegrain varieties where possible
- Lean meat, fish or other source of non-dairy protein such as eggs, lentils, beans, chickpeas or hummus every day – choose oily fish such as salmon and mackerel at least once every three weeks
- Dairy foods such as milk, cheese, cream cheese, yoghurt, fromage frais or soya products every day – choose low fat and low sugar options
- **WATER** (not flavoured)

Packed lunches can include:

- If a pudding is included, we ask that it is fruit and/or dairy based. This is in line with the puddings that children with school meals receive e.g. fruit salads, tinned fruit, yoghurt, fruity rice puddings or fruit crumbles.
- Processed meat products can be very high in fat and cholesterol. Options such as fish fingers, chicken nuggets, salami, sausage rolls, individual pies, corned meat and sausages should be included only occasionally.

Packed lunches should **not** include:

- Medium to high in salt snacks such as crisps.
- Medium to high sugar food items such as jam, honey, cereal bars, chocolate, cakes pain au chocolate, Fruit Bowl Yoghurt Flakes, Dairylea Dunkers and Cheese Strings.
- Medium to high fat snacks such as brioche buns and croissants.
- Fizzy or sugary drinks such as Percy Pig.
- **NUTS OR NUT BASED PRODUCTS**

Special diets and allergies

The school recognises that some children may require special diets that do not allow for the standards to be met exactly. In this case, parents and carers are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons children are also not allowed to swap food items.

Thank you for your support,

Head Teacher: Robin Warren