

St Wilfrid's C.E. Primary School Packed Lunch Policy for Parents



This policy reflects our school's status as a Healthy School and our Christian ethos of thankfulness.

Check out the guidelines and give your child a really healthy, nutritious meal.



The school provides a healthy, well-balanced meal each day. We encourage all children to have one. However, if parents wish they can provide a packed lunch for their children but it must conform to the Packed Lunch Policy.



Packed lunches should include:

Fruit and/or vegetables



Please remember, grapes must be cut in half, lengthways.



Dairy food such as milk, cheese, fruit yoghurt or milk drinks or smoothies



Protein such as meat, fish or non-dairy protein such as hummus, lentils or falafel.

(Oily fish such as salmon is very good and should be included at least every few weeks)



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Drinks such as water, low sugar cordial, fruit juice or milk are the best.

Starchy food such as bread, pasta, rice, potatoes, couscous, noodles or cereals.



Packed lunches should avoid:

Foods high in fat or salt

Only one item of food from this group is allowed each day and they should be restricted to only once per week.

Crisps



Meat products that are high in fat or salt such as sausage rolls, pies, sausages or chipolatas (e.g. Peperami)



Try to avoid nuts in lunchboxes in case of allergies.

Cakes, biscuits and sweet

desserts. *Only one item of sweet food is allowed each day.*



I want to be healthy so I can run and play with my friends. I don't want to have toothache.

Packed lunches should never have:

Confectionary such as chocolate bars, chocolate covered biscuits or sweets.



Fizzy drinks, cans or glass bottles



Thank you for
keeping to
this policy.



We will still allow sweets and treats for birthdays or celebrations. These should be seen as a special treat and only had occasionally.

