



What should a packed lunch not include?

To keep children's lunches as healthy as possible, we would like the following items not to be included in packed lunches:

- Crisps or flavoured crisp type products e.g. Snack a Jacks
- Sweets
- Chocolate or chocolate items such as biscuits, yogurts, cakes or desserts

What drinks should be included?

Heavers Farm Primary School is a water-only school with the exception of the free school milk provided.

Fresh drinking water is provided for all children bringing a packed lunch, therefore parents/carers do not need to include a drink in lunchboxes.



How will packed lunches be monitored?

To ensure that children eat a healthy balanced meal, Lunchtime Supervisors will monitor packed lunches on certain days. If a packed lunch has an item that we discourage, a reminder slip will be sent home.

Children with healthy packed lunches and those who make healthy school meal choices may appear on our 'Lunchtime Stars' board.

Healthy Packed Lunch Reminder

Your child's packed lunch today contained an item that we are not to have as part of our healthy packed lunch policy. This was ...

Bread based Crisps

A chocolate item A sugary drink

Please see our Packed Lunch Guide for advice to replace this item in future. We really appreciate your help in keeping our children as healthy as possible.

If you have any questions, please see ...

For more information about packed lunches, please speak to Rachel Evans

Packed Lunch Guide



For families at Heavers Farm Primary School



Why eat a healthy packed lunch?

New School Food Standards were introduced in January 2015 to ensure that all pupils are getting balanced and healthy food in school.

We have used these standards to create our packed lunch guide and help families with ideas. A healthy packed lunch can help children to:

- Have enough energy to concentrate and learn in the afternoon
- Keep calm and be prepared to do their best
- Get important nutrients to keep their bodies healthy

What should a packed lunch include?

Use the following ideas to help plan a healthy lunch for your child.

1. Include a savoury main (with some salad)



Cheese & tomato sandwich



Tuna and salad wrap



Cream cheese and lettuce bagel



Hummus and cucumber roll



Chicken salad pitta bread



Carrot and chickpea couscous



Chicken and pepper noodles



Sardine and lettuce thin



Tuna and sweetcorn pasta



Egg, pepper and lettuce sandwich

2. Include some dairy



Fruit yoghurt



Rice pudding



Custard



Cheese portion



Yoghurt tube

3. Include some fruit or vegetables



Satsuma



Grapes



Banana



Cucumber



Carrot batons



Raisins



Tinned fruit salad



Cherry tomatoes



Dried apricots



Plum

4. Include an extra low fat/low sugar snack, if needed



Plain breadsticks



Plain rice cakes



Small fruit scone



Crackers



Plain biscuit

We ask families to include an ice-pack in each packed lunch to keep the food cool.