



St Joseph's  
Catholic Primary School



## Are you packing a healthy packed lunch?

A packed lunch can make a valuable contribution to your child's diet and future health. It is important to include a balanced variety of foods so that your child can get all the nutrients they need.

Please see the school website for 'The Eatwell Guide' and a practical guide from 'Action for Children' which shows the different types of food we eat and the proportions we should aim for to achieve a healthy balanced diet. Foods and drinks high in fat, salt or sugar are not needed in the lunchbox.

Fizzy drinks, sweets and chocolate are not permitted.

For Health and Safety reasons glass bottles are not permitted.

Please support us by not including these items in a packed lunch.

### **IMPORTANT INFORMATION**

We have several children in school who have severe nut allergies. Please ensure that your child does not bring any nuts or nut products into school in their packed lunch or for a snack.

This also means we cannot accept birthday cakes or birthday treats. We appreciate your support with this issue.

**\*\* Please make sure you label your child's packed lunch with their name\*\***

### **To reduce the risk of choking:**

The 'Child Accident Prevention Trust' have devised a quick guide, stressing the importance of chopping up foods such as grapes (see leaflet on our website).

It is advised, that you follow these guidelines when preparing a packed lunch for your child.

### **Packed Lunch or School Meal?**

Children should have the same form of meals on each day of the week. A child who has a school meal on a Monday should do so until Friday. Children should not have a packed lunch one day and a school meal the next. If any child wishes to change, then the school should be informed that the change will occur on the next Monday morning.

All information is available on our school website.

