



Dear Parents/Carers,

To ensure that all packed lunches brought from home and consumed in school provide pupils with healthy and nutritional food that is similar to the food we serve in school (which is regulated by national standards) please find overleaf **Good Practice Packed Lunch Guidelines**.

These packed lunch guidelines were drawn up using information from the Department for Education, the School Food Plan website and are based on the School Food Standards. The School Food Standards are a set of standards for all food served in schools and they became mandatory in January 2015; I have attached a summary of the School Food Standards to this letter.

To promote consistency between packed lunches and the food served in school, **we ask that all parents who are preparing *packed lunches* for their child follow these guidelines.**

We will ensure that any child who brings a packed lunch to school will have fresh drinking water readily available at all times; packed lunch pupils and school lunch pupils are always able to sit and eat together.

If you have any further questions, please do not hesitate to contact me.

Thank you,

Barbara Costa

Barbara Costa
Executive Headteacher



St Theresa's Catholic Primary School

Good Practice Packed Lunch Guidelines

Packed lunches <i>should</i> include	Packed lunches <i>should NOT</i> include
<ul style="list-style-type: none"> • At least one portion of fruit and one portion of vegetable or salad every day • Meat, fish or another source of non-dairy protein, every day. Non-dairy sources of protein include lentils, kidney beans, chickpeas, hummus and falafel • An oily fish, such as salmon, at least once every three weeks • A starchy food, such as bread or pasta, rice, couscous, noodles, potatoes or other cereals, every day • A dairy food, such as milk, cheese, yoghurt, fromage frais or custard every day • Water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies • Acceptable snacks include: seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice 	<ul style="list-style-type: none"> • Crisps • Confectionery such as chocolate bars, chocolate-coated biscuits and sweets • We are a nut free school – please do not send in any food containing nuts. This includes Nutella and other chocolate spreads.

You may also include

- Cakes and biscuits are allowed but these should be part of a balanced meal
- Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally