

Larkspur Community Primary School

Packed Lunch Guidance

All packed lunches brought into school should be packed safely, healthy, (based on the national standards set for school lunches) and consumed around a positive dining experience.

SCHOOL WILL

- Provide a safe, clean environment for pupils to eat their packed lunch.
- Store packed lunches in a cool, dry place.
- Support pupils on packed lunches with food allergies and intolerances.

PACKED LUNCHES SHOULD INCLUDE THESE ITEMS EVERY DAY

- Energy food – choose wholegrain varieties like bread, pasta, couscous, rice, chapattis and wraps.
- Protein food - like meat, fish, dairy, eggs, lentils and beans.
- At least 1 or more portions of vegetables.
- 1 portion of fruit.
- A dairy food – like milk, cheese, yoghurt, custard or calcium-enriched plant-based dairy alternative.
- A drink of water or fruit juice.

PACKED LUNCHES SHOULD NOT INCLUDE

- Snacks very high in salt
- Confectionery like sweets and chocolate bars
- Soft drinks/fizzy drinks

Useful links for further information:

<https://www.foodforlife.org.uk/>

<https://www.gov.uk/government/publications/school-food-standards-resources-for-schools>

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

SCHOOL MEAL

If your child does not bring a suitable packed lunch and requires a school dinner, you will be charged £2.70 per meal unless your child qualifies for Universal or Means Tested Free School Meals.