



# Packed Lunch Guide



for families at  
Northgate 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.

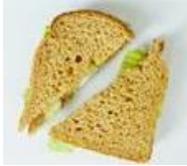
We have used these standards to create our packed lunch guide and help families with ideas.

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 and tomato sandwich	 tuna and salad wrap	 cream cheese and lettuce bagel	 hummus and cucumber roll	 chicken salad pitta bread
 cheese and sweetcorn pasta	 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	fruit scone	crackers	plain biscuit

### What should a packed lunch NOT include?

To keep children's lunches as healthy as possible, the following treat items should not be provided 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 include?

We encourage our children to stay well hydrated throughout the day as this also helps them focus on their learning. In class, all children have free access to fresh drinking water. If they choose to have a water bottle in class, please DO NOT give children juice or squash – they are allowed only water.



## How are packed lunches monitored?

All our Midday Meals Supervisors do their best to ensure that children eat a healthy balanced meal. We encourage children to eat savoury foods first and to save any treat items for the end of their meal.

Where we notice any difficulties with a child's lunch (e.g. they are reluctant to eat, their lunch box contains too much / too little or an unhealthy balance of foods) we will always approach parents to discuss these concerns.

## Northgate is a 'no nuts' school

**PLEASE**



**NO PEANUTS  
OR  
NUT PRODUCTS**

Due to individual medical needs, we must insist that NO NUTS or nut products are included in any child's packed lunch or snack.

This includes items such as:

- Peanut butter
- Packet nuts and raisins
- Cereal bars or biscuits containing nuts
- Chocolate or sandwich spreads containing nuts
- Any baked goods or cakes containing nuts

Eating, touching or even being close to nuts of any kind can cause very serious and extreme reactions in those children and adults who suffer from a nut allergy.

Thank you, as always, for your cooperation.