

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
- Sweets
- Fizzy or sugary drinks
- Chocolate or sugary snacks such as sugar sandwiches, biscuits, cakes or desserts
- Due to allergies we are 'A nut free School' - **ABSOLUTELY NO NUTS** please
- Any type of chocolate spread or jam

What drinks should be included?

*** school is a water only school with the exception of the free school milk.

Fresh drinking water is provided for all if they need it.



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.

Healthy Packed Lunch Reminder	
Your child's packed lunch today contained an item that we aim not to have as part of our healthy packed lunch policy. This was ...	
<input type="checkbox"/> Fried food	<input type="checkbox"/> Crisps
<input type="checkbox"/> A chocolate item	<input type="checkbox"/> A sugary drink
Please see our Packed Lunch Guide for ideas 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	



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 & tomato sandwich



Tuna and salad wrap



Cream cheese and lettuce bagel



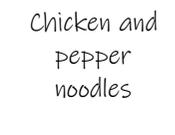
Hummus and cucumber roll



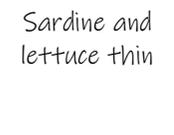
Chicken salad pitta bread



Cheese and sweetcorn pasta



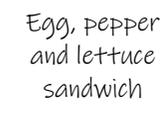
Chicken and pepper noodles



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