

Packed Lunch Policy

As part of our commitment to Healthy Schools here at St Issey, we continue to uphold our 'Packed Lunch' policy. The aim of this policy is to ensure that all of our children are eating healthy, nutritional lunches which keep them appropriately fueled for our exciting and active school day. Our intention behind this is not to tell families what they can and cannot eat, but is simply an attempt to ensure healthy meals for all whilst also supporting our mission to reduce plastic packaging.



Some DOs and DON'Ts:

PLEASE DON'T:

- make the lunch too big!
- duplicate sugary items, eg two yoghurts
- forget to include a staple carbohydrate
- pack lots of chocolate or sweets (one treat item only)
- use sugary fillings for sandwiches, e.g no chocolate spread or jam fillings
- include squash or other sugary drinks (water only please)
- use lots of plastic wrapping/packaging, like cling film, lunchable pots etc
- **Include anything containing nuts (peanut butter etc)**



PLEASE DO:

- start the lunch with a staple carbohydrate (e.g sandwich or pasta salad)
- include fruit & vegetables (one portion = 50g/size of child's palm)
- if including a chocolate treat, use a child-size portion (1 treat only please)
- use water in your child's drinks bottle (or water with a slice of fruit in it)
- use a healthy sandwich filling, e.g ham, tuna, cheese etc
- use reusable containers or compartment lunch boxes
- **continue to avoid nuts or products with nuts in, we have children with specific nut allergies in our school.**

Our suggestions, of course, are not exhaustive, so do feel free to get creative. However, an example of a good packed lunch would be:

A cheese sandwich, a packet of crisps, a child-size treat, an apple

We will monitor packed lunches each term and will send a letter home if a child's packed lunch does not meet the standards above. **Of course, we do understand that some variation may be necessary for any children with additional needs or specific dietary requirements.** If you have any queries, do please let us know - we are here to help!