SCHOOL LOGO HERE

Dear Parents and Carers,

**Packed Lunch Policy**

As you will be aware, there is an increasing concern about rising rates of obesity and related health problems in children in schools. As a school, it is part of our responsibility to teach and encourage children how to eat a healthy balanced diet.

We have collected pupils’ and parents’ opinions through surveys and have worked closely with the school council to develop our draft Packed Lunch Policy.

**New Packed Lunch Policy:**

**Food contained in a packed lunch**

Packed lunches should be based on the Eat Well plate model and should include the following every day:

* Fruit and Vegetables - at least one portion of fruit and one portion of vegetables or salad.
* Non-dairy source of protein - meat, fish, egg, beans or pulses such as lentils, kidney beans, chickpeas, hummus and falafel.
* A starchy food like bread, pasta, rice, couscous, noodles, potatoes or other type of cereals.
* Dairy foods such as milk, cheese, yoghurt, fromage frais
* Drinks - the school has a water only policy

**Packed lunches should not include:**

* High fat, high salt, high sugar snacks such as crisps, sweet popcorn, other high fat / salt packet savoury snacks such as crisps.
* Confectionery such as chocolate bars, chocolate-coated biscuits, sweets and chewing gum.
* Chocolate spread, honey, jam or marmalade as a sandwich filling.
* Cereal bars and fruit bars.
* Fizzy / sugary drinks or fruit flavoured squash..

**On a Friday pupils are permitted to bring in one treat which is from the banned list**.

If you have any issues regarding this policy please contact the school office to make an appointment to see (NAME HERE) to discuss.

Thank you for your support,

(NAME)

(JOB TITLE)

