



Packed Lunch from Home Guidance

Article 24: *Every child has the right to the best possible health. Governments must work to provide good quality health care, clean water, nutritious food and a clean environment so that children can stay healthy.*

All Educate Together Schools actively promote the importance of a healthy, balanced diet. School meals at RET are cooked on site and our chef and kitchen team work hard to ensure children are offered a balanced menu. We wish to ensure that all our children have the same or similar healthy food choices and benefits.

We are sharing some reminders about the packed lunches at RET:

Ensuring children have a healthy packed lunch is crucial for their growth, development, and overall well-being. A nutritious lunch can help improve concentration, energy levels, and academic performance throughout the school day.

 Can include be included	1 Only one of these can be included	 Not to be included:
<ul style="list-style-type: none"> • Sandwich/wrap/bagel (eg chicken/ tuna/ cheese/ ham/ egg) • Salad items - carrot sticks, cherry tomatoes, cucumber, pepper slices • Breadsticks and hummus • Hardboiled eggs • Pasts salad/ cous cous • Piece of fruit or a mixture of sliced fruit • Dried fruit • Yoghurt, sugar free jelly • Rice cakes, crackers • A non-sugary drink 	<ul style="list-style-type: none"> • Small biscuit/chocolate bar/ cake bar • Packed of crisps 	<ul style="list-style-type: none"> • Sugary drinks and fizzy drinks • Nuts or items containing nuts • More than one 'unhealthy' item

Please remember there are children with allergies to nuts attending our schools therefore we ask that no nuts or products containing nuts be brought into school.

For more packed lunch ideas, you can visit this site www.nhs.uk/healthier-families/recipes/healthier-lunchboxes