

Packed Lunches from Home Charter

As a Trust we actively promote the importance of a healthy, balanced diet. In order to ensure that all children have the same or similar healthy food choices the following charter is to be followed when providing packed lunches from home. This is so that all children have consistent messages about healthy eating and do not miss out on the benefits of sharing food and eating together.

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.

This charter is in line with Eat Better, Start Better - Voluntary Food and Drink Guidelines for Early Years Settings in England.

Please remember that, due to allergies, no nuts or products containing nuts are allowed to be brought into school such as peanut butter, chocolate spreads etc

Expectations of food included as part of a packed lunch:

| Foods to provide | Quantity in Packed Lunch | Examples of foods that could be provided |
|---|---------------------------------|--|
| Starchy food (provide a variety of different starchy foods each week, including a wholegrain variety for lunch and tea once a week) | 1 x Portion | White or wholegrain bread, rolls, pitta bread or wraps. Chapattis. Plain naan bread. Bagels. Cooked pasta, rice, noodles, couscous or potato. |
| Fruit and/or vegetables (provide a variety of different fruit and vegetables each week) | At least 1 x Portion | Carrot, cucumber, pepper or celery sticks. Lentils included in daal. Grated carrot in sandwiches or wraps. Fresh fruit such as sliced apple, banana, grapes, mixed chopped fruit or strawberries. Dried fruit such as raisins or apricots. |
| Meat, fish, eggs, beans or other non-dairy sources of protein (provide a variety of different foods each week) | 1 x Portion | Sliced meat, poultry or fish in sandwiches, rolls or wraps, or by itself. Sliced egg in sandwiches, rolls or wraps. Meat alternatives such as tofu in salads. Pulses such as kidney beans, chickpeas, lentils, as part of bean salads. |
| Dairy food | 1 x Portion | A pot of yoghurt or fromage frais. Cheese in sandwiches or wraps. |
| Drink | 1 x Drink | Children can bring a small drink of juice or milk in their packed lunch. Please note there should be water only in children's water bottles for use during the day. |
| Desserts, cakes, biscuits or crisps | 1 x Portion only | Desserts, cakes and biscuits made with cereals, milk or fruit. Avoid salty snacks such as crisps. No sweets or confectionery ie chocolate eggs, chocolate chips or hundreds and thousands, and use only as part of cakes or desserts. |



Please note:

Any food that the children do not eat will be sent home in your child's lunch box

- **Packed lunches should be sent to school in reusable plastic containers – no glass containers should be sent into school**
- **Due to our consideration for the environment we actively encourage consideration of waste and wherever possible request that reusable containers and wrappers are used ; any waste will be sent home in your child's lunch box**