Canon Johnson C. of E. Primary School

Canon Johnson CE Primary is required to promote the health and well-being of all pupils. Packed lunches need to reflect the requirements of Canon Johnson CE Primary School by meeting the food and nutrition guidelines as laid out by the School Food Standards in order to support children's learning and development.

Aim

To ensure that all packed lunches brought from home and consumed at school (or on school trips) are healthy, nutritious and balanced.

To encourage healthy eating habits from a young age and continue to promote healthy lifestyles within school.

To ensure that packed lunch's adhere to the Governments School Food guidelines

Packed Lunches **should** include:

- At least one portion of fruit and or vegetable (this could include a dried fruit)
- Meat, fish or other source of non-dairy protein (e.g. lentils, chick peas, hummus)
- A sandwich that includes a savoury filling (e.g. egg, tuna, cheese, cooked meat)
- A starchy food such as bread, pasta, rice or noodles
- Dairy food such as cheese, yogurt, fromage frais
- A bottle of water, sugar free drink, fruit juice or smoothie (only to be drunk with a packed lunch)
- A biscuit not coated in chocolate
- Snacks such as seeds, savoury crackers, breadsticks etc.
- Eating utensils if necessary

Free drinking water is provided at lunchtime for all pupils

Packed lunches **should** avoid**:**

- Confectionery such as chocolate bars, chocolate coated biscuits and sweets.
- Sausage rolls and pies.
- No fizzy drinks.
- Crisps

Healthy lunchboxes will be rewarded by the lunchtime supervisors who work hard to encourage all pupils to eat a healthy balanced lunch.

Any uneaten food will be put back into the lunchbox so that parents or guardians can monitor what the child has consumed during the day.