



A Healthy Lunch Guide

Creating safe, nutritious, and balanced lunchtime habits for our school community.




<p> What to Include</p> <p>A balanced, nourishing school lunchbox is simple and effective. We suggest packing:</p> <ul style="list-style-type: none"> • One main dish (sandwich, wrap, or pasta salad) • One healthy snack (fruit slices or vegetable sticks) • One healthy drink (water or low-sugar fruit juice) 	<p> Child-Sized Portions</p> <p>In the past, we have noticed some children arriving with oversized, adult-grade lunches. Too much food can easily overwhelm young pupils, causing lunchtime distress and resulting in significant food waste. Aim for sensible, child-friendly portion sizes.</p>
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Crucial Fruit Safety Rules



Whole grapes, cherry tomatoes, and large berries are extreme choking hazards for young children due to their perfect airway-blocking shape.

These items **must always be sliced in half lengthways** (not crossways) before packing.

<p> No Whole Nuts</p> <p>Peanuts, cashews, almonds, and walnuts must not be brought into school in any raw, roasted, or crushed form.</p>	<p> No Nut Spreads</p> <p>Strictly no Nutella, peanut butter, or alternative chocolate hazelnut spreads inside sandwiches or baked treats.</p>	<p> Check the Labels</p> <p>Please always inspect the allergen labels on pre-packaged cereal bars, biscuits, and snack packs before sending them.</p>
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Preparing Lunch Together



Involving children in making their own lunch fosters positive lifelong habits.

Increases Food Excitement: Children are far more likely to eat and enjoy a lunch they helped create.

Builds Vital Skills: Spreading butter, washing berries, or packing boxes builds coordination and independence.

Teaches Portion Control: Discussing what and how much goes into their box reduces food waste naturally.

Healthy Minds, Healthy Bodies

Thank you for partnering with us to keep all our pupils safe, energised, and ready to learn. Your cooperation is deeply appreciated.