

DRAYTON PARK SCHOOL

PACKED LUNCH GUIDANCE



At Drayton Park School, we believe it is important to teach children about health and well-being. This includes healthy eating. We ensure that we promote and encourage healthy eating at school. We make sure that our school lunches are healthy, well-balanced, low in sugar and packed full of vegetables.

Parents/carers may choose to send their children to school with a packed lunch. We ask parents to follow this guidance to ensure that packed lunches are in line with our healthy eating ethos.

Please ensure that all packed lunches include:

- At least one portion of fruit (e.g. apple, orange, grapes, dried fruit, cherry tomatoes, pure fruit smoothie).
- At least one portion of vegetables (e.g. carrot sticks, cucumber, celery, beetroot).
- A source of protein (e.g. meat, egg, tuna, lentils, kidney beans, chickpeas, hummus, falafel).
- A source of whole grains (e.g. wholemeal bread/pita/wrap, brown rice, quinoa, wholegrain pasta, oat cakes).
- A bottle of water.

Please do not include:

- Crisps, chocolate or sweets, including chocolate bars, chocolate coated biscuits, dessert pots.
- Drinks with added sugar or sweeteners (included fizzy drinks, squash, energy drinks, iced teas and sweetened juice drinks). Please stick to water.
- Drinks in glass bottles or cans with ring pulls.

Allergies and specific dietary needs

- The school recognises that some pupils may require special diets for medical, ethical or religious reasons. In these cases, we ask parents/carers to speak to the school so we can understand your child's needs and support you to ensure they are met.
- The school is an allergy-aware school. Parents must inform the school if their child has an allergy. For packed lunches from home, we assume that parents/carers have checked the ingredients and taken their child's allergies into consideration.
- The school does not allow the swapping of food items between pupils as there is potential for an adverse reaction for children with food allergies. We ask that you explain this to your child.

Packing your child's lunch

- We are an eco-friendly school. We ask that you consider the environmental impact of the packaging used in your child's packed lunch. Use reusable containers and food storage bags.
- Pack your child's lunch in a small cool-bag. This will keep it fresh until lunchtime. Lunches are stored in classrooms or on children's pegs - we cannot refrigerate lunches.
- Include a reusable water bottle. Your child can refill this throughout the day.
- Please ensure that all items are labelled with your child's name.

We will contact parents if a child is:

- Not eating the food in their packed lunch.
- Regularly provided with unhealthy options.
- Still hungry after eating their packed lunch.