

St Katherine's Church of England Primary School

Lunchbox Guidelines

To support parents to implement our packed lunch policy, we have outlined below what to include in children's lunchboxes. We suggest approximately five items including a drink.

A healthy lunch helps your child maintain a healthy weight, concentrate better, behave better and therefore learn better.

A good portion of starchy food:

- Wholemeal bread sandwich, roll, pitta pocket, wrap, bagel, pieces of baguette
- Rice, pasta, couscous, noodles, beans
- Crackers, rice cakes, bread sticks

Fillers

- Chicken, ham, beef, turkey, salami, Tofu etc.
- Cheese/soft cheese
- Boiled egg/egg mayonnaise
- Tuna sweetcorn/mayonnaise
- Hummus
- Salad

Occasionally

- Meat products such as sausage rolls, individual pies/pasties, savoury eggs, corned meat, sausages, Fridge Raiders etc.
- Small bag of crisps (baked or other low fat options if possible)

This does not include

- Jam, marmalade, honey, chocolate/caramel spread as a sandwich filling
- Peanut butter/Nutella or similar products containing nuts as a sandwich filling
- Hot food e.g. soup, pasta etc.

A portion of milk or dairy food:

- Small yoghurt or Fromage Frais, low sugar custard/rice (No chocolate in)
- Small wrapped cheese e.g. Babybel, cheddar stick/pieces, cheese strips/strings etc.
- Soft cheese, Dairylea Dunkers, Philadelphia Snack etc.

This does not include

- Dairylea Lunchables, Attack A Snak kits etc.

Drink

- Water
- Diluted no added sugar squash

This does not include

- Fruit Shoots, Capri Suns, juice cartons, smoothies etc.
- Milkshakes/flavoured milk e.g. Yazoo etc.
- Fizzy drinks including water, energy drinks

At least 1 portion of fruit and/or vegetables:

- A piece of fruit e.g. apple, banana, pear etc.
- Small pot of blueberries, melon, strawberries, raspberries, grapes cut vertically halved etc.
- Carrot sticks, pepper slices, cucumber sticks/slices, cherry tomatoes
- Tinned fruit/fruit chunks in fruit juice

Occasionally

- Cereal/muesli bar/processed fruit bar etc. No nuts
- Small biscuit or cake
- Low sugar jelly pot
- Dried fruit e.g. small box of raisins, yoghurt coated raisins etc.
- Healthy Popcorn (Not toffee)

This does not include

- Confectionary such as chocolate bars, sweets etc.
- Chocolate yoghurts/desserts/mousses etc.
- Chocolate spread products e.g. Nutella, Biscoff, products with chocolate/caramel spread in e.g. Belvita Soft Bakes, Nutella B-ready etc.
- Large cakes, pastries, doughnuts etc.