



Croyland Primary School

Food in School

Lunch box advice for parents

National guidance

All food served in schools between 8am and 6pm is governed by legislation. This includes tuck shops, packed lunches prepared by school catering staff and lunch time food. It is therefore important to ensure a comparable situation for those children who bring in food from home by making parents aware of the National guidance.



For those children who bring in a lunch box our school provides:

- Croyland Primary School ensures that eating food from home is a sociable experience where good behaviour and consideration for others is maintained.
- Fresh drinking water and where required milk will be available.
- Staff supervising pupils eating food from home are aware of school guidance and hygiene procedures.

A healthy lunch box should include

- ✓ At least one portion of fruit (e.g. small apple, orange, grapes, dried fruit, cherry tomatoes) included each day.
- ✓ Meat, fish or other source of non-dairy protein (e.g. chicken, turkey, ham, beef, pork, tuna, lentils, kidney beans, chickpeas, peanut butter and falafel) included each day
- ✓ Oily fish such as salmon at least once every three weeks
- ✓ A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other types of cereals every day (e.g. pitta bread, tortilla wraps, rice cakes, oatcakes) included each day.
- ✓ Dairy food such as milk, cheese, yoghurt, fromage frais or custard included each day
- ✓ Drinks should be water, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies

Foods to avoid



Snacks such as crisps (alternatives include savoury crackers, breadsticks, nuts and seeds)



Confectionary such as chocolate bars, chocolate coated biscuits and sweets (alternatives include very small cakes, shortbreads and flapjack or plain biscuits)



Drinks with added sugar or sweetener



Lunchboxes should not regularly include items such as items that are high in fat or salt. For example: Cooked sausages, sausage rolls, chipolatas, corned meat, individual meat pies.

The following items are not permitted in lunchboxes and will be removed from your child and returned to you at the end of the day.



Fizzy drinks and drinks in glass bottles or ring pull cans.



Bars of chocolate or sweets

Waste and disposal

Waste containers will be provided for rubbish, but children will take uneaten food home so that parents and carers are aware of what their children has/has not eaten.

Diets and allergies

Croyland Primary School recognises that some pupils may require special diets for medical, ethical or religious reasons that do not allow for standards to be met exactly. For example a diabetic child may need to bring an emergency sweet snack to school. In these cases parents and carers are responsible for ensuring the food from home is specific for their child's needs. We do not allow the swopping of food items between pupils as there is a potential risk of an adverse reaction (e.g. nut allergy)

