



Packed Lunches at Toner Avenue

We aim to ensure all pupils have a healthy diet which contributes to their health, wellbeing, their ability to learn within school and the community and be active for their growth and development. Please use this guidance to help you prepare a packed lunch for **school and school trips**.

Packed Lunches should include;

- At least one portion of fruit **AND** one portion of vegetables every day.
- A starchy food such as bread, pasta, couscous, noodles, rice or potatoes every day--choose wholegrain varieties where possible.
- Lean meat, fish or other source of non-dairy protein such as eggs, beans, hummus, lentils or chickpeas everyday--choose oily fish such as salmon or mackerel at least once every three weeks.
- Dairy foods such as cheese, yoghurt, fromage frais or soya products every day--choose low fat and low sugar options.
- **WATER** (not flavoured)

Packed lunches can include;

- If a pudding is included, we ask that it is fruit and/or dairy based. These correspond with the puddings that the school meals provide.
- Processed meat products can be very high in fat and cholesterol. Options such as sausage rolls, pies, corned meat and sausages should be included only occasionally.

Packed Lunches should **not** include;

- Medium to high in salt snacks such as crisps.
- Medium to high sugar food items such as cereal bars, cakes, jam, chocolate, Dairy Milk and Cheese Strings.
- Fizzy or sugary drinks.
- **NUTS OR NUT BASED PRODUCTS.**

Special diets and allergies

The school recognises that some children may require special diets that do not allow for the standards to be met exactly. In this case, parents/carers are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons children are not to swap food items.

Thank you for your support