

Healthy & Safe Packed Lunches at Wigmore Primary

The Golden Rules

- **Label Everything:** Lunchboxes and bags must be **clearly marked with your child's name**.
- **Strictly Prohibited:** No glass bottles (due to breakage risks), no fizzy drinks, and no sweets or chocolate bars.
- **Total Nut Ban:** No nuts or foods containing nuts. Remember that **Nutella and similar chocolate spreads contain hazelnuts** and are not allowed.

 **Enforcement Notice:** If a member of staff finds nuts or foods containing nuts in a lunchbox or bag, they will be **removed and disposed of immediately** to protect severely allergic children.

Things to be Aware Of

- **The Hidden Sugar Danger:** Many drink cartons are very high in sugar. High sugar intake causes rapid energy crashes, reduces concentration in class, and leads to serious long-term health risks like tooth decay and childhood obesity. **Please pack water or diluted sugar-free squash instead.**
- **Leftovers Come Home:** We will ask children to bring home any leftover food in their lunchbox. This ensures you can accurately see exactly what they have eaten.

Birthday & Special Occasion Treats

We love celebrating with the children, but to keep our classroom safe and inclusive for everyone, **any treats brought in to share must be strictly nut-free and should be vegetarian (gelatine-free).**

If you wish to send in treats for a birthday or special occasion, please look for these widely available, safe options:

- **Fruit-Based Treats:** Bear Yoyo Fruit Rolls, Fruit Winders, or boxes of raisins.
- **Nut-Free & Vegetarian Sweets:** Skittles, Starburst, Jelly Tots, or Candy Kittens (always check the packet for the "V" or "Vegan/Vegetarian" label).
- **Savoury Alternatives:** Individual packets of popcorn or baked crisps.

Sandwich Spreads: What is Safe?

Since nut chocolate spreads and peanut butter are banned, here are some excellent alternatives:

Do Not Pack (Contains Nuts)

- Peanut Butter
- Nutella / Hazelnut Spreads
- Almond or other nut butters

Permissible Alternatives (Safe to Pack)

- Sunflower Seed Butter (e.g., SunButter)
- Chickpea/Cocoa Spreads (e.g., Sweet Freedom)
- Marmite / Yeast Extract
- Jam or Honey
- Cream Cheese or Houmous