

Packed Lunches from home Charter

As a Trust we actively promote the importance of a healthy, balanced diet. In order to ensure that all children have the same or similar healthy food choices the following charter is to be followed when providing packed lunches from home. This is so that all children have consistent messages about healthy eating and do not miss out on the benefits of sharing food and eating together.

Article 24: Every child has the right to the best possible health. Governments must work to provide good quality health care, clean water, nutritious food and a clean environment so that children can stay healthy.

This charter is in line with Eat Better, Start Better - Voluntary Food and Drink Guidelines for Early Years Settings in England.

Please remember that, due to allergies, no nuts or products containing nuts are allowed to be brought into school.

Expectations of food and drink to be included as part of a packed lunch:

Foods to provide	Quantity in Packed Lunch	Examples of foods that could be provided
Starchy food (provide a variety of different starchy foods each week, including a wholegrain variety for lunch and tea once a week)	1 x Portion	White or wholegrain bread, rolls, pitta bread or wraps. Chapattis. Plain naan bread. Bagels. Cooked pasta, rice, noodles, couscous or potato.
Fruit and/or vegetables (provide a variety of different fruit and vegetables each week)	At least 1 x Portion	Carrot, cucumber, pepper or celery sticks. Lentils included in daal. Grated carrot in sandwiches or wraps. Fresh fruit such as sliced apple, banana, grapes, mixed chopped fruit or strawberries. Dried fruit such as raisins or apricots.
Meat, fish, eggs, beans or other non-dairy sources of protein (provide a variety of different foods each week)	1 x Portion	Sliced meat, poultry or fish in sandwiches, rolls or wraps, or by itself. Sliced egg in sandwiches, rolls or wraps. Meat alternatives such as tofu in salads. Pulses such as kidney beans, chickpeas, lentils, as part of bean salads.
Dairy food	1 x Portion	A pot of yoghurt or fromage frais. Cheese in sandwiches or wraps.
Drink	NO DRINKS FROM HOME	Water will be provided at school – Do not send any additional drinks specifically for lunch.

Please note:

- **Items that do not comply with the above charter will be returned in your child's lunch box**
- **Any food that the children do not eat will be sent home in your child's lunch box**
- **Packed lunches should be sent to school in reusable plastic containers – no glass containers should be sent into school**
- **Due to our consideration for the environment we actively encourage consideration of waste and wherever possible request that reusable containers and wrappers are used, any waste will be sent home in your child's lunch box**