

Packed Lunches from Home Charter

As a Trust we actively promote the importance of a healthy, balanced diet. 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 (updated 2017).

Please remember that, due to allergies, no nuts or products containing nuts are allowed to be brought into school such as peanut butter, chocolate spreads etc

Examples of food and drink to include by settings or parents as part of a packed lunch or tea:

Foods to provide	Examples of foods that could be provided
A portion of potatoes, bread, rice, pasta and other starchy carbohydrates (provide a variety of different starchy foods each week, including a wholegrain variety for lunch and tea once a week)	White or wholegrain bread, rolls, pitta bread or wraps. Chapattis. Plain naan bread. Bagels. Cooked pasta, rice, noodles, couscous or potato.
At least one portion of vegetables and/or fruit (provide a variety of different fruit and vegetables each week)	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.
A portion of beans, pulses, fish, eggs, meat and other proteins (provide a variety of different foods each week)	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. Nut butter in sandwiches.*
A portion of dairy or an alternative (can be included as part of lunch and/or tea)	A pot of yoghurt or fromage frais. Cheese in sandwiches or wraps. Whole milk (for children aged one to two) or semi-skimmed (for children two and over) to drink.
Desserts, cakes, biscuits and crisps	Desserts made with cereals, milk or fruit. Avoid salty snacks such as crisps. Limit confectionery such as chocolate chips or hundreds and thousands, and use only as part of cakes or desserts. Limit provision of cakes and biscuits.
A drink	Whole milk (for children aged one to two) or semi-skimmed (for children aged two and over). Water.

Examples of food and drink to provide for snacks by settings or parents:

Foods to provide	Examples of foods that could be provided
Potatoes, bread, rice, pasta and other starchy carbohydrates (provide a starchy food as part of at least one snack each day)	Breadsticks, crackers, oatcakes, rice cakes, small pitta, bread or bread roll.
Fruit and vegetables (provide as part of some snacks)	Vegetable sticks – carrot, cucumber. Fresh sliced fruit – apples, bananas, grapes.
Dairy and alternatives (can be provided as part of snacks)	Cubes of cheese. Plain yoghurt or fromage frais. Whole milk (for children aged one to two) or semi-skimmed (for children aged two and over).
Cakes, biscuits, sweet foods and crisps	Sweet foods like cakes, biscuits, sweets and dried fruit should not be given as snacks as these can cause tooth decay. Instead provide starchy foods and fruit or vegetables. Avoid salty snacks such as crisps.
A drink	Provide milk or water. Do not provide squash, fruit juice or fizzy drinks, as these can lead to tooth decay.

Please note:

- 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