

Lunchbox Guidelines

Please ensure you do not send nuts or nut products in your child's lunchbox as some children have nut allergies in the school.

We aim to ensure all aspects of food and nutrition at St. Edmund's promotes the health and wellbeing of the children. Children are not allowed to swap or share their food from lunch boxes.

In addition, we request parents do NOT include the following:

- Sweets or chocolate bars.
- Fizzy/sugary drinks.



Healthy lunchbox suggestions

We would like lunch boxes to reflect a healthy balanced meal. The British Nutrition Foundation produced a set of guidelines recommending what should be included in lunch boxes to provide children with a healthy meal.

The recommended contents of a healthy lunch box are:

- A good portion of starchy food e.g. wholegrain roll, high fibre white bread, pitta pocket, wraps, bagels, plain crackers, breadsticks, rice cakes, pasta or rice salad.
- Try to use a different sandwich filling each to add variety.
- Fruit and/or vegetables e.g. an apple, satsuma, small banana, grape or cherry tomatoes (both should be cut in half), carrot/celery/cucumber sticks, mini can of fruit chunks (decanted into a plastic container), small box of raisins, please avoid grapes unless cut in half.
- A portion of dairy food e.g. individual cheese portion, yogurt etc
- A small portion of lean meat, fish or alternative e.g. slices of ham, chicken, quorn, cheese, tuna, egg or hummus.
- A drink e.g. water in a water bottle (NOT GLASS) although we do provide water at lunch time.
- One small packet of crisps, a scone, flapjack, a small cake or biscuit e.g. small kit-kat or similar may also be included.

Keep it cool to keep it fresh

We do not have refrigeration facilities. Please do not send items that will perish quickly in hot weather.

If you include a carton of juice, you could keep it in the freezer until the morning. Then put it directly in the lunch box – it will have thawed by lunchtime and keep the rest of the food cool.



Use a small insulated cool bag.

You could also use a small frozen ice block wrapped in a bag so it does not make the lunch box contents wet.

Finally please ensure all items are clearly marked, ie. lunch box, ice block etc.