


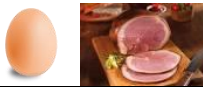






Thornhill Primary School  
**Healthy Packed Lunch**  
 Guidance for Parents/Carers

As you will be aware the Government has set strict nutritional standards for the provision of food in schools. In order to support you in providing a packed lunch that meets these standards we would like to offer the following advice from the Healthy Schools Initiative:

Your child's daily packed lunch should include the following.....

<p>Two portions of starch food, for example: whole grain bap, thick sliced wholemeal bread, chapatti, pita pocket, pasta or rice salad</p>	
<p>One portion of fruit and one portion of vegetables for example: an apple, satsuma, banana, tinned fruit in natural juices or small box of raisins cherry tomatoes, carrot sticks, cucumber sticks, mixed salad,</p>	
<p>One portion of milk or Dairy foods for example: a portion of hard cheese, a portion of cream cheese, a pot of yoghurt</p>	
<p>One portion of lean meat or fish for example: ham, chicken, egg, tuna</p>	
<p>One savoury and one sweet snack - for example a packet of crisps and a cake</p>	
<p>Drinks should only include: plain water, natural fruit juice, semi skimmed milk, fruit or dairy based smoothies</p>	

The following should not be included....

- Any food into school either for packed lunches or for treats with NUTS in.
  - Fizzy or sugary drinks in bottles or cans
  - Highly processed foods for example: processed meats, cheese straws, sausage rolls or pies etc.
- No confectionary including sweets or chocolate bars  
these items are high in fat and low in vitamins and minerals

A good healthy diet will help your child learn and achieve their potential

All parents and carers must not send any food into school either for packed lunches or for treats with nuts in.

The School will ensure that no nuts are used during the preparation of School Lunches.

Examples of the items that we do NOT want children to bring to school either as a snack or in their packed lunch include:

- packs of nuts
- peanut butter sandwiches
- fruit and cereal bars that contain nuts
- chocolate bars such as Snickers that contain nuts
- sesame seed products including rolls
- Nutella
- muesli bars
- cakes or biscuits with nuts in them

