

Healthy Lunch Recommendations

- No fizzy or sugary drinks should be brought into school.
- No items containing nuts or traces of nuts.
- Crisps, cakes, sweet biscuits and food items containing or covered in chocolate (e.g. cereal bars with chocolate) are not allowed in school from Monday through to Thursday. Pupils are allowed to include these items in their lunchbox on a Friday, as an end of week treat.
- Sweets, chips, burgers, pies and fast food (e.g. McDonalds, etc.) should not be included in lunch boxes on any day of the week.
- It is not possible for us to warm up food for children during lunchtimes, as we do not have the facilities.
- Please could pupils not bring meat, corn on the cob or any other food items into school on skewer sticks. These can often be sharp and could cause an injury.
- Fruit Winders are also not allowed in school (as they get stuck to our school floor - making them very difficult to remove). However, 100% fruit bars (e.g. Yoyo Bears) are allowed.
- Parents are advised to include an ice pack in lunch boxes to help keep their child's food fresh.
- Please remember to pack a spoon/fork if needed e.g. for yoghurts.

Safety recommendations

- No hot drinks.
- Items that the children are able to open themselves.
- No glass containers or glass water bottles.
- Labelled lunch boxes and containers.
- Slice grapes lengthways to avoid choking.

Eco/school council recommendations

- Please limit packaging where possible. Try to use as much reusable packaging e.g. containers and avoid single use packaging such as clingfilm and foil.