

Kingsteignton School Packed Lunch Policy 2022

As part of our Rights Respecting School Award the children have looked at the different rights that they have. In the Autumn term they decided to focus on Article 24 and their right to be healthy. We looked at healthy food choices and used what we have learned to help make our lunchboxes healthier. This policy is in line with government guidance which can be found at <https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

We understand that for some medical reasons it will not always be possible to follow this guidance - - please speak to your child's class teacher if you are concerned.

These foods are healthy choices that can be included in packed lunches regularly.



Packed lunches should include 1 portion of fruit and 1 portion of vegetables daily.

A source of protein (fish, meat, lentils, chickpeas, beans) daily.

A starchy food (bread, pasta, rice, couscous etc) each day.

A dairy or dairy alternative (yoghurt, cheese, fromage frais or custard every day.

These foods can be included occasionally.



Occasionally lunch boxes can include, sausage rolls, individual pies, corned meats and sausages.

Cakes and biscuits .

Crisps

These foods should not be in your child's packed lunch.

