



**LADYBRIDGE PRIMARY SCHOOL**  
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## HEALTHY PACKED LUNCHES

If you are providing your child with a packed lunch, please ensure that it is healthy, nutritious and nut-free.  
 Please see examples below:

<ul style="list-style-type: none"> <li>• Cheese and salad sandwich on brown bread</li> <li>• Yoghurt</li> <li>• Apple</li> <li>• Banana</li> <li>• Bottle of Water</li> </ul>	<ul style="list-style-type: none"> <li>• Tuna pasta and sweetcorn</li> <li>• Satsuma</li> <li>• Small box of raisins</li> <li>• Cheese triangle</li> <li>• Apple juice, unsweetened</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken and salad on a wrap</li> <li>• Small flapjack (no nuts)</li> <li>• Small bunch of grapes</li> <li>• Pear</li> <li>• Semi-skimmed milk</li> </ul>
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School **remains a nut-free zone**. Nuts and nut products must **NOT** be sent into school. We have a number of children who have potentially life-threatening nut allergies (please see overleaf for more detailed information).

### Health and safety tips:

- We provide water at lunchtime, but if your child brings their own drink into school please make sure it has a very secure top. Children are not allowed fizzy drinks in school.
- Everything must fit into a single, named, sealed container.
- Please check your child's lunchbox at the end of the day. Uneaten food/litter will be put back in for disposal at home.
- It is recommended that children have '5 portions' of fruit/vegetables per day. Please try to put some of these 'portions' in their packed lunches.

Eating healthily has a positive impact upon learning, so we feel it is important that we all look carefully at what we eat. School will be doing extra work on this as part of maintaining the 'Healthy Schools' award.

Thank you for support.

# Nut Free School

We have children in school who have a severe allergy to nuts which, in some cases, could result in a *life threatening* anaphylactic shock.

It is not just eating nuts that can make these children ill, but having any kind of contact, i.e. with products containing nuts or with people who have nut products on their skin or clothes.



As a school, we have procedures in place, but it is essential that we have your co-operation to help protect these children. Nuts are in so many products, that care is needed when sending food into school, either for break time snacks or packed lunches.

When it comes to Christmas parties or other events that involve sending food into school, please take extra care to ensure it does **not** contain/come into contact with nuts or have nut traces.

All food sent in must be shop-bought (NOT home-made) - please check all packaging information carefully. Remember that treat boxes such as Roses, Quality Street and Celebrations etc contain chocolates with nuts (eg, Snickers and Hazel Whirl etc). These are therefore not allowed in school.