



The Lanes Primary School Lunchbox Guide

All packed lunches brought into school should be healthy and packed safely. We recommend that lunches are stored in an insulated bag/box and contain reusable ice packs to help keep food at a safe temperature, especially when the weather is warmer. For more information please visit <https://www.safefood.net/Food-Safety/Storing-food-safely/school-lunchboxes-safe>. Every effort will be made during school to keep your child's lunchbox in a cool, dry environment but please be aware we do not have refrigerated facilities for packed lunches.

School Dinners: Children in Early Years, Year 1 and Year 2 are all eligible for Universal Free School Meals. School dinners for children in Years 3-6 are currently charged at £3.16 per meal. If you think you may qualify for income based Free School Meals please visit <http://www.nottinghamshire.gov.uk/education/school-meals/free-school-meals-and-milk>

Suggested Items to Include Daily:

- Energy food –like bread, pasta, couscous, rice, chapattis and wraps. Wholemeal and brown varieties are more nutritious and help children feel fuller for longer.
- Protein food - like meat, fish, dairy, eggs, tofu, lentils, beans and seeds.
- At least 1 or more portions of vegetables.
- 1 portion of fruit – fresh, dried or tinned in fruit juice.
- A dairy food – like milk, cheese, yoghurt, custard or calcium-enriched plant-based dairy alternative.
- A drink of water, milk or fruit juice.



Items to Include Occasionally (approx once a week):

- Meat based food items like sausage rolls and pies.
- Cakes and biscuits.

Items that should not be included:

- **NUTS OF ANY KIND. WE ARE A NUT FREE SCHOOL AND THEY CANNOT BE CONSUMED ON SITE.**
- Snacks high in salt and saturated like crisps – instead include plain popcorn, vegetable sticks, seeds, savoury crackers, breadsticks or other baked savoury snacks.
- Confectionery like sweets and chocolate bars – instead include items like fruit or flapjack. Chocolate coated biscuit bars (e.g Penguin or Club bars) may be included occasionally.
- Soft/ fizzy drinks

Useful Tips:

- Children should be offered a variety of fruits and vegetables with different tastes and textures.
- Tinned pulses, fish, fruits and vegetables are a good alternative to fresh.
- Children should be sent with a water bottle every day.
- Snacks for playtimes should be fruits or vegetables only.

Sources:

- <https://www.nhs.uk/baby/weaning-and-feeding/what-to-feed-young-children/>
- https://www.bda.uk.com/?_gl=1*1y8jg9l*_up*MQ..*_ga*ODA4OTMxNDgxLjE3NTgwMzAyNzA.*_ga_7W0H5VXNW9*czE3NTgwMzAyNjkkbzEkZzAkDE3NTgwMzAyNjkkajYwJGwwJGgw
- <https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>
- <https://www.foodforlife.org.uk/learning-and-skills/early-years/guidance-on-food-provision/>