

7 September 2020

Dear Parents/Carers

Packed Lunch Policy reminder

A big thank you to those parents who have sent their children in with a well-balanced packed lunch this last week.

It is expected that most children have a sandwich as the main part of their packed lunch and only healthy desserts should be fruit based.

The full Packed Lunch Policy can be found here <https://www.akroydonprimary.org/policies-summaries/> but below is a summary of the policy.

Children are allowed **ONE** of the following food items as part of a balanced meal

- A bun
- A piece of cake (homemade or shop bought)
- A plain or chocolate covered biscuit
- A packet of crisps
- A chocolate based dessert e.g. Dairy Milk Button desserts.

Packed lunches **MUST NOT** include:

- Meat and pastry products such as sausage rolls, pies or pasties.
- Nuts or nut products (although they can be healthy) because of the danger to other children with allergies
- Extra salt to add to food after it has been cooked
- Sweets or fizzy drinks

Unhealthy food, or food not following the guidelines above, will be removed by staff, returned to the child/parent at the end of the day and an alternative, such a piece of fruit, will be provided.

I have included a flyer from Eatwell Guide to support parents/carers in making their packed lunches.

Yours sincerely



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Principal

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