

SPECIAL DIETS & ALLERGIES

The school also recognises that some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

Please be aware of nut allergies. We recommend you visit the www.allergyinschools.co.uk website for accurate, reliable information on managing allergies in schools.

KEEPING LUNCH COOL

As fridge space is not available in school, children are advised to bring packed lunches in insulated bags with freezer blocks where possible to keep food cool during the Summer. Lunch boxes will be stored in school away from direct sunlight. **Please remember to put your child's name on the outside and the inside of the lunchbox.**

DRINKS

Drinks, especially water, help children to concentrate and feel well. Water is freely available in school. The school can provide a cup of water or orange juice (50% pure orange juice & 50% water) at lunch time. Drinking from a cup is important for children's development. Children do not need to be provided with a drink in their lunch box



If you would like to discuss this further please contact us at:

Bottesford Schools Federation
Manor Road
Scunthorpe
DN16 3PB

Tel - 01724 862483/01724 867906
Email - office@bottesfordinfants.co.uk or
admin.bottesfordjuniors@northlincs.gov.uk

For more information and advice go to:

www.eatwell.gov.uk/
www.schoolfoodtrust.org.uk/packedlunches/

Guidance on healthier snacks and packed lunches:

<http://www.nhs.uk/Change4Life/Pages/healthy-lunchbox-ideas.aspx>
<http://www.nhs.uk/Livewell/childhealth6-15/Pages/Lighterlunchboxes.aspx>

BOTTESFORD SCHOOLS FEDERATION



Healthy Packed Lunches

Eating well is important. Children need to eat well as it will give them energy and nutrients to grow and develop, be healthy and active.

This leaflet provides information on how to pack a healthier lunch. Please support the school's food policy by following these guidelines.



WHAT YOU NEED TO KNOW

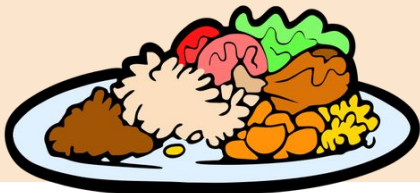
Eating well is important. Children need to eat well as it will give them energy and nutrients to grow and develop, be healthy and active.

A healthy, enjoyable lunch gives children the energy they need to learn and play at school.

Our aim is to ensure that all packed lunches brought from home and consumed in school provide the pupil with healthy and nutritious food that is similar to food served in school, which is now regulated by national standards.

SCHOOL DINNERS

Before you consider packed lunches, we strongly encourage all of our children to try our school lunches. There is a wide variety of hot and cold options available daily, for FREE for infant pupils! The lunches on offer are healthy and nutritious meeting the national food standards. Please speak to pastoral team (Miss Sanderson/Mrs Carpenter) or the office if you have concerns about your child's school lunch to discuss options. We can offer close monitoring or a bespoke menu to cater for your child's needs BEFORE a packed lunch is brought in. After a discussion with a member of staff if it is in agreement that a packed lunch would be in the best interest for your child please read the following guidance in this leaflet.



WHAT SHOULD BE INCLUDED

- Don't forget to include fruit and vegetables. You can use fresh, frozen, tinned or dried. Fruit and vegetables are full of vitamins, minerals and fibre necessary for the body to function properly and to keep you strong and healthy. All packed lunches should contain at least one portion of fruit and one portion of vegetable or salad. e.g. carrot sticks, cucumber, small apple or orange, banana, dried fruit, mini tomatoes, melon cubes.
- Meat, fish or other source of non-dairy protein e.g. chicken, turkey, ham, beef, pork, tuna, lentils, kidney beans, chickpeas.
- A starchy food e.g. bread, pasta or rice, crackers, rice cakes, oat cakes, pitta bread, tortilla wraps.
- Dairy food e.g. milk, cheese, yoghurt or fromage frais.



Our alternative suggestions to snacks (such as crisps) include;

- Savoury crackers, rice cakes or breadsticks served with a dip.
- Vegetables and fruit.
- Low sugar cereal bars.
- Dried fruit.

Our alternative suggestions to snacks (such as chocolate bars) include;

- Sugar free jellies with fruit.
- Fruit, vegetables.
- High fat meat products such as sausage rolls, individual pies, corned meat and sausages should only be included occasionally.



LUNCH BOXES MUST NOT INCLUDE

- Nuts – including peanut butter and Nutella – because of the life threatening risk to any other child who may have a severe allergy
- Confectionery such as chocolate bars and sweets (fruit strings are considered to be sweets). Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal (either one cake or one biscuit each day)
- Drinks other than water – fresh water and orange juice is available at all times so you do not need to include this

