

We also believe that treats every now and then are part of a balanced diet. We will allow these items on a FRIDAY ONLY.



We will be monitoring packed lunches daily. If we have any concerns about the quality of the food provided, we will contact you to let you know.

If you have any questions or would like further advice about our expectations, please call the school office or email:

admin@wilberforceprimary.org.uk

Further advice and guidance can be found at:

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/528193/Eatwell_guide_colour.pdf

<https://www.nutrition.org.uk/healthyliving/healthydiet.html>

<https://eatlikeachamp.co.uk/>



Wilberforce Primary

The best in everyone™

Part of United Learning



A Guide for Parents & Carers

At Wilberforce, we recognise the importance of a healthy, balanced life-style and teach our children to make good choices when it comes to their physical and mental health.

As part of this, we believe that packed lunches provided by a parent or carer should meet the best possible standards of nutrition for every child.

This guide outlines the expectations for packed lunches at Wilberforce.

YOUR CHILD'S PACKED LUNCH SHOULD INCLUDE ONE PORTION OF:



A healthy balanced lunch in 5 steps

- 1. Fill up on starchy foods** by making a sandwich with bread, pitta or a roll, or make a salad with pasta, potato, couscous, lentils, rice or chickpeas.
 
- 2. Add a piece of fruit and add salad** to a sandwich or eat vegetable sticks as a snack.
 
- 3. Add a little protein** to sandwiches or salad.
 
- 4. Include yoghurt or cheese** as a snack.
 
- 5. Pack water.**





YOUR CHILD'S PACKED LUNCH SHOULD NOT INCLUDE THESE FOODS:

					
CHIPS & OTHER HIGH FAT SNACKS	CHOCOLATE BARS, SWEETS, CAKES	PASTRY/FRIED FOODS	CEREAL BARS	SOFT DRINKS	

Please note: we are a nut free school. It is extremely important that no nuts are ever included in a packed lunch.

