

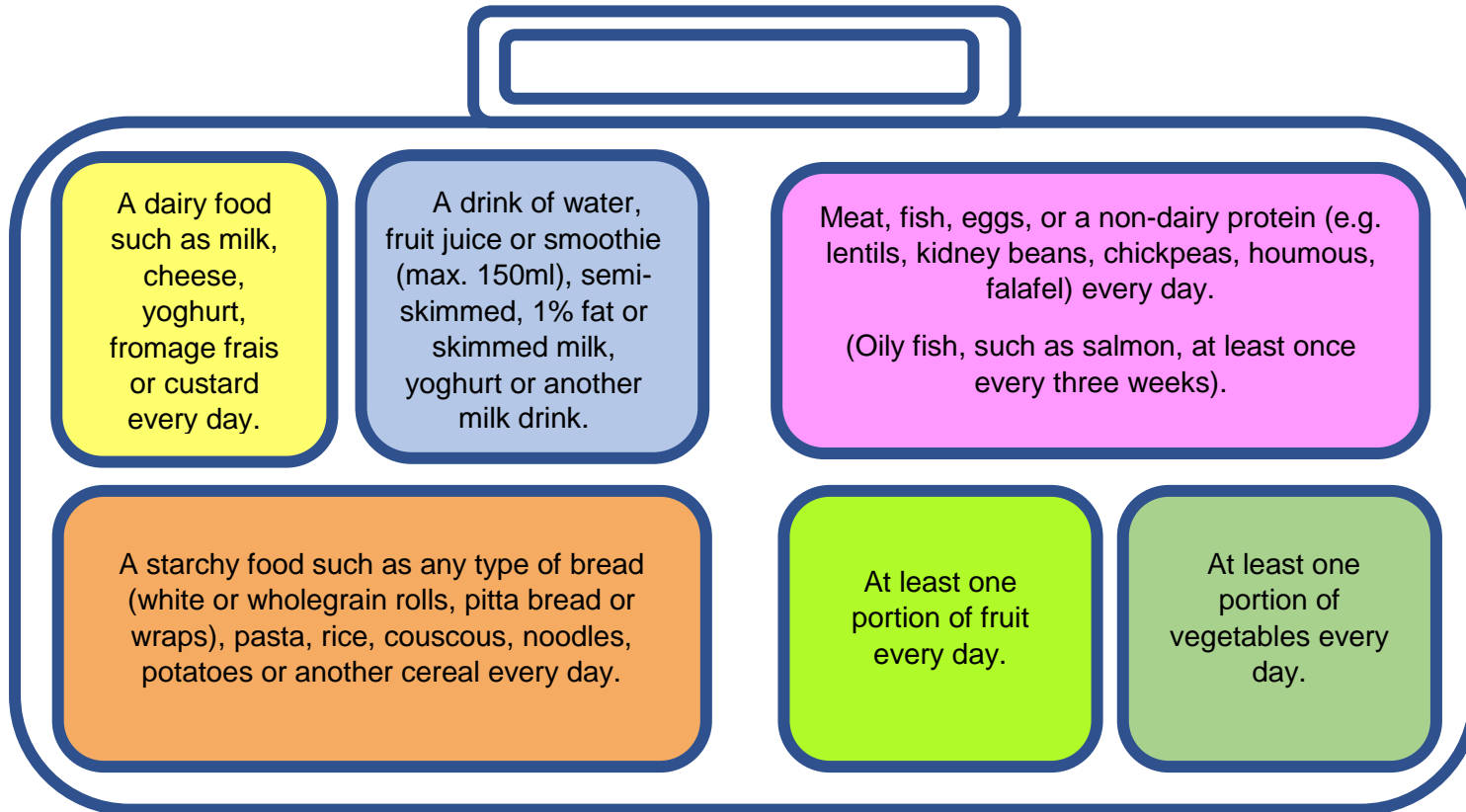


Healthy Packed Lunches at Bishop Aldhelm's

Now more than ever, maintaining children's health and well-being is a matter of importance. At Bishop Aldhelm's we aim promote a healthy lifestyle for our children which includes ensuring that they are eating a healthy packed lunch each day. A number of parents / carers have asked for clarification about what is allowed in a healthy packed lunch. In line with the Children's Food Trust (2017), the following outlines what a healthy balanced packed lunch should include.

Where possible, we advise that this guidance is followed when preparing a healthy packed lunch for your child.

What a healthy packed lunch should include:



Packed lunches can **occasionally** include:

- Meat products such as sausage rolls, individual pies, corned meat and sausages.
- Cakes and biscuits, but encourage your child to eat these as part of a meal

Packed lunches **should not** include:

- **Nuts (or items including nuts – e.g. peanut butter spread, Nutella spread or kinder Bueno with hazelnut filling)**
- salty snacks such as crisps - instead include seeds, vegetables and fruit with no added salt, sugar or fat.
- confectionery such as chocolate bars, chocolate-coated biscuits, cereal bars, processed fruit bars and sweets.
- sugary soft drinks, such as squash and fizzy drinks (even if labelled as 'sugar-free', 'no-added sugar' or 'reduced sugar' as these drinks can contribute to tooth decay and provide little nutritional value).