



PACKED LUNCH AND SNACK GUIDANCE FOR PARENTS AND CARERS

Our Aim

At Manor Road Primary School, we aim to support children's health, wellbeing and learning by encouraging balanced packed lunches that provide the energy and nutrients they need for the school day. We also aim to reduce single-use plastic waste through encouraging the choice of more fresh food items.

We understand that families have different lifestyles, cultures and food preferences. This guidance is designed to offer helpful advice rather than set rules, and reflects the principles of the UK Schools Standards. Healthy lunches can help children to concentrate, stay active and develop positive lifelong habits that may lead to longer, healthier lives.

A Healthy Packed Lunch

A healthy packed lunch should ideally consist of the following:

Starchy foods: carbohydrates, such as bread, wraps, pasta, rice or potatoes (wholegrain where appropriate)

Protein foods: meat, fish, eggs, beans, lentils, cheese or yoghurt

Fruit and vegetables: fresh fruit and berries, raw vegetables or a handful of dried fruit

Dairy or alternatives: milk, cheese, yoghurt or fortified alternatives

Drinks: water is the best choice but milk is also suitable

School Support for Children at Lunchtimes

We work hard to make lunchtime a positive experience for all children. We provide a safe environment where children have time to eat, relax and socialise with their friends. Staff support children to feel settled and comfortable during lunch. We have a strong system in place to support food allergies and children with medical or dietary needs. We want to work in partnership with parents to support healthy, balanced choices.

Healthier Snacks

At Manor Road, we encourage children to bring in a healthy snack to eat during morning break. Families may wish to choose foods that are lower in sugar, salt and fat, such as fresh or dried fruit, yoghurt, oat-based bars, rice cakes or breadsticks.



PACKED LUNCH CHECKLIST

Does your packed lunch have:

A starchy food?



A protein food?



1 or more fruit or vegetable?



A dairy or dairy-alternative food?



A drink?

