

HEALTHY PACKED LUNCH GUIDE

At West Park Academy we encourage all children to enjoy a nutritious school meal wherever possible. Our school meals meet the Government's School Food Standards and provide a balanced meal every day.

We understand that some families prefer to provide a packed lunch, and this guide explains how you can help to provide healthy, safe and nutritious lunches for your child

A balanced packed lunch could include:



A starchy food, such as:

Wholemeal or brown bread, wraps, pitta, pasta or rice



A source of protein:

Chicken, turkey, tuna, egg, cheese, beans or hummus are great savoury options; whilst greek yogurt with fruit, and many seeds offer high protein sweet options



Fruit and vegetables:

Fresh fruit, Vegetable sticks, quartered cherry tomatoes or cucumber



A dairy food (or dairy alternative)

Cheese, yoghurt, fromage frais, milk (take care with 'nut milks' if school is nut aware)



A healthy drink

Water, milk or sugar-free squash/ flavoured water

To support healthy eating, please avoid sending:

Chocolate bars, sweets, chewing gum, energy drinks, fizzy drinks, or large grab bag crisps.

A small biscuit or homemade cake may be included as an occasional treat as part of a balanced packed lunch.

Food safety

Please keep lunches cool before school, use an insulated lunch bag where possible and include a small ice pack for foods that need to stay chilled.

Throw away any uneaten perishable food at the end of the day.



Help the environment

You can help reduce waste by using reusable lunch boxes & containers and refillable drinks bottles.

Pack suitable portions to reduce food waste.

Allergy awareness

Some children have life-threatening food allergies, so we ask that you follow all requests from school about foods that should not be brought onto site.

Make sure your child's lunch is clearly labelled and support us by talking to your child about not sharing food.



Although we take every reasonable precaution, we cannot guarantee that our schools are completely allergen free, however, by working together, we can help every child enjoy a healthy, safe and positive lunchtime experience

If you have any questions regarding school meals, packed lunches, or wish to speak to someone regarding free school meal eligibility, please contact the school office on 01325 380792

 **VISIT US:**

**WEST PARK ACADEMY, ALDERMAN LEACH DRIVE, DARLINGTON
DL2 2GF**

 **OUR WEBSITE**

<https://westparkacademy.org.uk>