



## A Guide for Parents & Carers

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



At Fulham, we recognise the importance of a healthy, balanced lifestyle 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 Fulham.

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

					
FRUIT	VEGETABLES	MEAT, EGG, BEANS OR FISH	STARCHY FOOD E.G. SANDWICH, RICE OR PASTA	MILK, CHEESE OR YOGHURT	BOTTLE OF WATER



This packed lunch is healthy and balanced

## 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.



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### 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

INSERT  
SCHOOL  
LOGO  
HERE

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

THESE FOODS ARE FOR FRIDAYS 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@fulhamprimaryschool.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://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/>

