



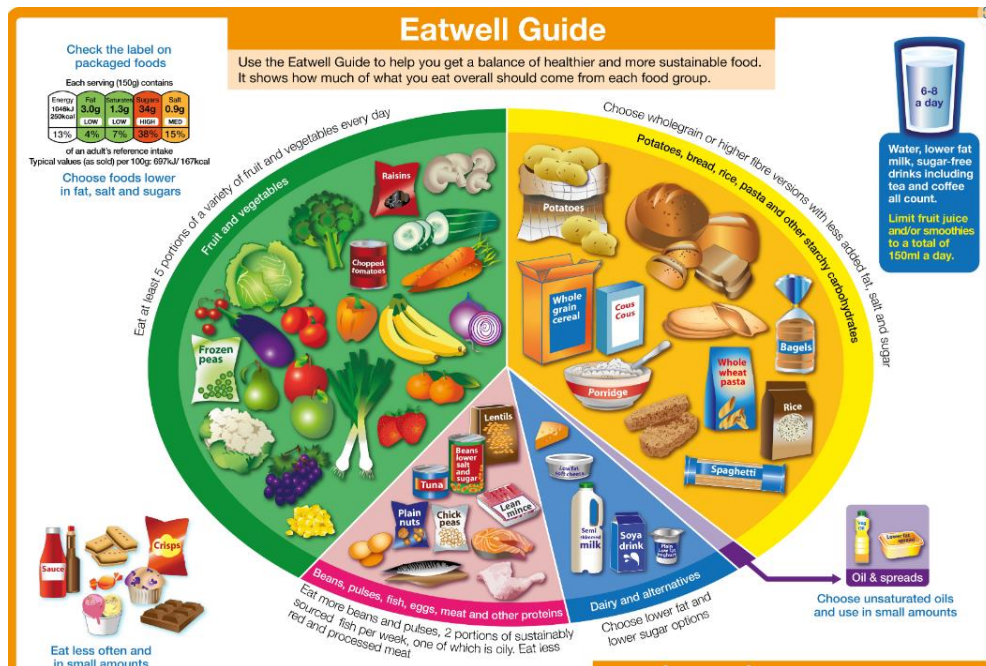
## Packed Lunch from Home Guidance

As a Trust, we actively promote the importance of a healthy, balanced diet. This guidance has been created to provide information on where to find advice & suggestions of what to put into a packed lunch from home.

We wish to ensure that all of our children have the same or similar healthy food choices and benefits. As a Trust, we wish to support all of our children receiving a consistent message about healthy eating, that we are reinforcing through the curriculum learning within school.

Ensuring that no child misses out on the benefits that a healthy diet provides as they grow.

Please see below the NHS Eatwell guide for recommendations of a balanced meal



For more detailed information on the Eat Well Guide or packed lunch ideas, why not take a look at the following websites

[www.gov.uk/government/publications/the-eatwell-guide](http://www.gov.uk/government/publications/the-eatwell-guide)

[www.nhs.uk/healthier-families/recipes/healthier-lunchboxes](http://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes)

### Please note

- A soft drink can be added to your child's lunch box in addition to the water bottle brought into school however this must not be a sugary, fizzy drink.
- Any food not eaten will be returned home in your child's lunch box.
- Packed lunches should not contain any glass.
- Following our commitment to reducing our overall impact on the environment, we actively encourage consideration of waste and wherever possible suggest that reusable containers and wrappers are used.

**Please remember there are children with allergies to nuts attending our schools therefore we ask that no nuts or products containing nuts be brought into school.**

**Whilst we take steps to reduce the risk, Educate Together Academy Trust cannot guarantee any of its schools are free from cross contamination of such products.**