

## Green Foods



We encourage you to put a selection of these in your lunch box everyday.

### Fruit and vegetables



### Bread, rice, pasta, beans and pulses (starchy foods)



### Meat, fish and eggs.



### Yoghurt or cheese



## Red Foods



We encourage you to only eat these on a Friday as a treat.

### Biscuits and cakes



### Processed meats and pastries



### Crisps



## Special diets and Allergies

We recognise that some pupils may require special diets that do not allow for the standards to be met exactly.

In these cases we urge parents to be responsible for ensuring that packed lunches are as healthy as possible. For these reasons pupils are not allowed to swap food items.

## What will we do as a school to support you?

- ✓ Ensure that fresh drinking water is available at all times as we encourage a water only policy.
- ✓ Where possible we will send any uneaten food items home to communicate with parents about what your child is eating.
- ✓ We work to provide an attractive and appropriate dining room.
- ✓ We will listen to parents' views and ensure that the guidance meets the needs of our children.

### Please note:

As we do not have a fridge space, why not freeze a yoghurt and include it in your child's lunch box in order to keep it cool and fresh.

### For more information look at:

[www.schoolfoodtrust.org.uk/packedlunches](http://www.schoolfoodtrust.org.uk/packedlunches)  
[www.nhs.uk/change4life](http://www.nhs.uk/change4life)  
[www.healthylunch.org.uk](http://www.healthylunch.org.uk)  
[www.educationleeds.co.uk](http://www.educationleeds.co.uk)



Healthy School

SCHOOLFOODTRUST

Eat Better Do Better

CHANGE  
4life

Go well. Move more. Live longer.

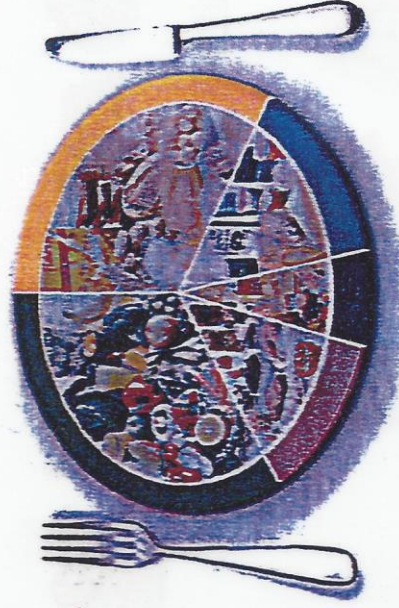


Hollybush Primary School

Packed Lunch Guidance



As a healthy school we want to encourage good eating habits for our children and provide guidance to support children in making healthy choices. We aim to ensure that all packed lunches brought from home and consumed in school provide children with healthy and nutritious food that is similar to food served in schools, which is now regulated by national standards.



This guidance has been created and consulted on by our healthy schools leader, healthy schools consultants from the health team, health leaders from the Bramley cluster of schools, children, governors and parents.

