Packed lunch guidelines

At St Bernadette School we are keen to encourage every child to lead a healthy lifestyle. Therefore, at lunchtime we operate a policy on what is contained in children’s lunchboxes. All lunchboxes should be healthy lunchboxes.

First, here is what is not allowed in lunch boxes:

- Crisps, popcorn or any fried snack
- Fizzy drinks and chocolate flavoured drinks
- Sweets
- Chocolate bars, chocolate covered biscuits, chocolate muffins, cakes etc.
- Anything else containing chocolate
- Any sort of nuts
- Anything containing nuts, including cereal bars with nuts in them – please check the back of packets for this information
- Anything containing citrus, as we have a member of staff with a severe citrus allergy

We have a growing number of children who risk going into anaphylactic shock if they eat nuts. For some children this reaction can also be set off if they sit next to someone who has nuts or nut-containing products in their lunchbox. Although children are told not to share their lunch, occasionally they do, and we need to minimise the risk to all children. The same is true for citrus and our member of staff. For this reason, we are a nut and citrus free school.

The following items are permitted:

- Other types of biscuits and cereal bars
- Other cakes, although you may wish to limit the numbers of these in a week
- Savoury biscuits, snacks – Cheddars, Twiglets, breadsticks, Sunbites – please note these are the only brands permitted – please do not enquire about any others
- Fruit based snacks – apple crisps etc.
- You may also wish to send in a chocolate treat

You can find ideas for packed lunch boxes at these websites:

https://www.bbcgoodfood.com/howto/guide/school-packed-lunch-inspiration

https://www.nhs.uk/change4life/recipes/healthier-lunchboxes#lunchbox-recipes

Just remember our guidelines above.

Miss Simpson
Pupil well-being manager (June 2020)