



Farsley Westroyd Primary School Packed Lunch Guidance

At Farsley Westroyd Primary School, we are committed to promoting healthy eating habits that support children's well-being and their ability to learn effectively. This Packed Lunch Guidance has been developed to provide guidance to parents and carers in ensuring that packed lunches brought from home complement the school's commitment to healthy eating and adhere to the principles of the School Food Standards.

Aims

- To support children in making healthy food choices that contribute to their physical and mental well-being.
- To ensure packed lunches brought to school are nutritious and balanced, in line with government health recommendations.
- To encourage a consistent approach to healthy eating across all areas of school life.

Why Healthy Packed Lunches Matter

Healthy packed lunches are essential for supporting children's physical and mental well-being, improving concentration, and fostering positive habits for life. This guidance outlines what to include in a healthy packed lunch, foods to avoid, and how we can work together to ensure all children thrive during the school day.

What to Include in a Packed Lunch

We encourage parents and carers to pack lunches that reflect the **Eatwell Guide** and include:

1. **Starchy Foods:**

- Bread, rolls, wraps, pitta bread, bagels, or pasta/rice salads.
- Choose wholegrain or higher-fibre options where possible.

2. **Protein Foods:**

- Lean meats, fish, eggs, beans, cheese or other protein sources such as tofu or lentils.

3. **Vegetables and Fruit:**

- At least one portion of fresh or dried fruit (e.g., an apple, banana, strawberries). Please cut up all grapes, cherries, berries and tomatoes into half length-ways due to the size; they are a possible choking hazard.
- At least one portion of vegetables (e.g., carrot sticks, cucumber slices, or cherry tomatoes).

4. **Dairy or Dairy Alternatives:**

- Yoghurt, fromage frais, cheese, or plant-based alternatives (ensure these are unsweetened).

5. **A Drink:**

- Water, milk, or sugar-free squash/cordial.

Please also see our 'Child-Friendly Packed Lunch Policy' for our traffic light guide on food options.

Foods to Avoid in Packed Lunches

To promote healthy eating habits, we ask that packed lunches **do not include:**

- Fizzy drinks, energy drinks, or sugary drinks.
- Confectionery such as sweets, chocolate bars, or chocolate-covered biscuits.

Nut-Free Policy

We are a **nut-free school** to ensure the safety of pupils with severe allergies. Please avoid sending nuts or nut-based products such as:

- Peanut butter or Nutella.
- Nut-based snack bars.
- Any food containing nuts.

Farsley Westroyd Fruit Stall

As part of our commitment to promoting healthy eating habits, we offer the 'Farsley Westroyd Fruit Stall'. This initiative ensures that any surplus fruit remaining from the Year 1 and Year 2 playtime snacks is brought into the school hall by our Food Ambassadors. Children from all year groups are then invited to help themselves to a piece of fresh fruit should they wish to. To celebrate their healthy choice, they receive a sticker and green points. This fun and engaging scheme supports our whole-school approach to encouraging healthier eating in a positive and inclusive way. **How We Support Healthy Packed Lunches**

1. **Rewards for Healthy Choices:**

- Children who consistently bring healthy packed lunches may receive rewards such as our 'Thank Ewe' postcards in their lunchboxes, green points and sheep points.

2. **Monitoring and Feedback:**

- Lunchtime supervisors and Food Ambassadors monitor the contents of packed lunches. If inappropriate items are included, these will be returned, and parents will receive a polite reminder of our guidance.

3. **Parent Support:**

- We provide examples of healthy packed lunches and ideas during **Happy, Healthy, Safe Week** and through workshops or newsletters.
- Parents can access additional resources and guidance on the school website.

Special Dietary Requirements

We understand that some children may have specific dietary needs due to cultural, religious, or medical reasons. Please inform the school office if your child has particular requirements so that we can support them appropriately.

Celebrating Diversity and Inclusion

Our packed lunch policy respects the cultural and religious diversity of our pupils, ensuring that everyone feels valued and included.

Birthdays and Special Occasions

To promote equality and avoid unnecessary pressure on families, we kindly ask parents not to send in cakes or sweet treats for birthdays during the school day. If parents would still like to mark the occasion by sharing something, they are welcome to hand out treats after school on the playground.

FAQs

Q: What happens if my child's packed lunch contains an item that isn't allowed?

A: The item will be returned home in your child's bookbag with a reminder of our packed lunch guidance.

Q: Can my child bring juice?

A: We recommend plain water, milk, or sugar-free squash/cordial to reduce sugar intake and support dental health.

Q: Can I include a small treat, such as a biscuit or cake?

A: Small portions of healthier options (e.g., plain biscuits or low-sugar cakes) are acceptable but should not form the main part of the lunch.

Q: How can I get more ideas for healthy packed lunches?

A: Resources and examples are available on our school website, and support is offered during **Happy, Healthy, Safe Week** or upon request from the school office.

Working Together

By following this guidance, we can ensure all pupils enjoy nutritious, balanced meals that support their health, happiness, and success. Thank you for helping us to create a school environment where every child can proudly say, Good to be me, Good to be Westroyd, Good to be Farsley.

For further information, please contact the school office or visit the Packed Lunch Guidance section of our school website.

Farsley Westroyd packed lunch guide



At Farsley Westroyd, healthy packed lunches are essential for supporting children's physical and mental well-being, improving concentration, and fostering positive habits for life. This guidance outlines what to include in a healthy packed lunch and foods to avoid.

Green foods/drinks

You can put these in your lunch box every day or as often as you like.

Please make sure you cut up all grapes, tomatoes and blueberries into half length ways to avoid choking.



Fresh fruit and vegetables

Bread, pittas, rice, wraps and pasta

Meat, fish, eggs and meat replacements

Yoghurt and cheese

Water

Crisps, crackers and breadsticks

Cereal bars, flapjacks and small muffins

Processed meat products such as sausage rolls, pepperoni and sausages

No added sugar fruit juice

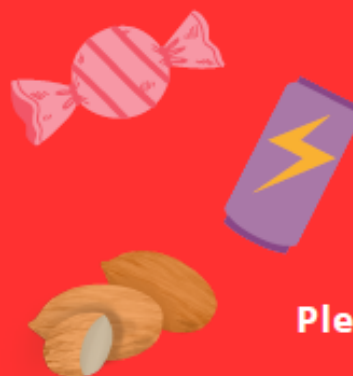


Amber foods/drinks

These types of food can be included occasionally as part of a balanced packed lunch.

Red foods/drinks

These foods **should not** be included in a healthy packed lunch box.



Sweets, lollipops and chocolate bars

Fizzy and energy drinks

We are a nut free school. Please do not include any nuts or nut based food

For more information please visit our policies on the school website:

<https://www.westroydprimaryschoolandnursery.co.uk/>

PLAYTIME SNACKS AT FARSLEY WESTROYD PRIMARY SCHOOL AND NURSERY



APPROVED



UNAPPROVED

FRESH FRUIT

Apples, Bananas, Grapes, Blueberries, Strawberries, Raspberries, Oranges, Pears, Watermelon, Pineapple or Melon.

FRESH VEG

Carrot Sticks, Cucumber Sticks, Cherry Tomatoes, Sugar Snap Peas, Celery Sticks or Peppers (Sliced).

DRIED FRUIT, PLAIN RICE CAKES & BREADSTICKS

Small portions of dried fruit such as raisins or apricots (these must be unsweetened), rice cakes and breadsticks must be unsalted, unsweetened and plain.

HEALTHY DAIRY CHOICES

Small portions of cheese or yoghurt (please ensure these are in suitable containers and stored appropriately).

SNACKS HIGH IN SALT, SUGAR & FAT

- Crisps
- Crackers
- Peperami
- Cereal Bars
- Protein/health bars
- Fruit bars
- Biscuits
- Cookies
- Fruit winders
- Fruit pouches
- Yoghurt coated fruits
- Popcorn
- Flavoured rice cakes
- Salted or flavoured Breadsticks
- Fridge raiders
- Sweets & chocolate

