






Lessness Heath Packed Lunches

If you would like to make a packed lunch for your child, please make sure their lunchbox is named and you adhere to these guidelines.

Food	Reason
	<p>Grapes should always be cut lengthways. Grapes are a choking hazard and we cannot allow children to eat whole grapes in school.</p>
	<p>We do not and cannot allow any kind of nut onto the school premises. We have children and staff in school with severe nut allergies and for this reason we are a nut free school. This includes peanut butter and chocolate spread sandwiches.</p>
	<p>As a healthy eating school, we know it is important that children eat a healthy lunch. We cannot allow slices of cake into school because of this, and also because cake often contains nuts and we cannot guarantee this is a safe lunch option.</p>

- Lunch boxes should contain a sandwich, sausage roll, wrap etc.
- Children can bring in biscuit and cake bars, but not solid chocolate bars such as a dairy milk bar.
- Drinks should be juice, milk or water- no fizzy drinks.
- Fruit and veg should always be included in lunch boxes.
- Sweets are not permitted in school lunch boxes.

For tips and healthy lunch ideas:

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

<https://www.bbcgoodfood.com/recipes/collection/school-lunch>