

**Success for All**

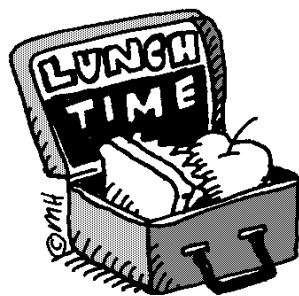
**SOUTH KIRKBY ACADEMY**

*Dedication Aspiration Co-operation Inspiration*



# Healthy Lunchbox Policy 2021-2022

**Reviewed September 2021**



We aim to ensure that all food brought from home to be consumed at lunchtime are as healthy and nutritious as possible. Please support us with this by providing a packed lunch that includes the recommendations below:

- ✓ At least one portion of fruit or vegetables
- ✓ Meat, fish (including oily fish) or other source of non-dairy protein
- ✓ A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day (e.g. pitta bread, tortilla wraps, rice cakes, oat cakes)
- ✓ Dairy food such as milk, cheese, yoghurt, fromage frais or custard

**PLEASE BE AWARE THAT WE DO NOT ALLOW ANY PRODUCTS TO BE BROUGHT INTO SCHOOL THAT CONTAIN NUTS OR HAVE TRACES OF NUTS DUE TO SOME PUPILS WITH A NUT ALLERGY.**

**We also ask that you do not include the following items in your child's lunch box:**

- Fizzy drinks - we provide water
- Confectionery such as chocolate bars and sweets

**Please call in at the office if you require any further information or advice.**