



What should a packed lunch not include?

To keep children's lunches as healthy as possible, we would like the following items not to be included in packed lunches:

- Crisps or flavoured crisp type products e.g. snack-a-jacks
- Sweets
- Chocolate or chocolate items such as biscuits, yogurts, cakes or desserts

What drinks should be included?

Kiddies Kottage Addiscombe is a water only school with the exception of the free school milk.

Fresh drinking water is provided for all packed lunch therefore, parents/carers do not need to include a drink in lunchboxes.



How will packed lunches be monitored?

To ensure that children eat a healthy balanced meal, our practitioners will monitor packed lunches everyday. If a packed lunch has an item that we discourage, a reminder slip will be sent home.

Children with healthy packed lunches and those who make healthy school meal choices may appear on our 'Lunchtime Stars' board.

Healthy Packed Lunch Reminder	
Please ensure your child's lunch today adheres to the rules we have set to have as part of our healthy packed lunch policy. This year...	
<input type="checkbox"/> Fizzy food	<input type="checkbox"/> Crisps
<input type="checkbox"/> Chocolate items	<input type="checkbox"/> Juicy drink
Please see our Packed Lunch Guide for advice to replace these items in future. We really appreciate your help in keeping our children as healthy as possible.	
If you have any questions, please see...	

For more information about packed lunches, please speak to the manager

Packed Lunch Guide



For families at Kiddies Kottage Addiscombe



Why eat a healthy packed lunch?

New School Food Standards were introduced in January 2015 to ensure that all pupils are getting balanced and healthy food in school.

We have used these standards to create our packed lunch guide and help families with ideas. A healthy packed lunch can help children to:

- Have enough energy to concentrate and learn in the afternoon
- Keep calm and be prepared to do their best
- Get important nutrients to keep their bodies healthy

What should a packed lunch include?

Use the following ideas to help plan a healthy lunch for your child.

1. Include a savoury main (with some salad)



Cheese & tomato sandwich



Tuna and salad wrap



Cream cheese and lettuce bagel



Hummus and cucumber roll



Chicken salad pitta bread



Carrot and chickpea couscous



Chicken and pepper noodles



Sardine and lettuce thin



Tuna and sweetcorn pasta



Egg, pepper and lettuce sandwich

2. Include some dairy



Fruit yoghurt



Rice pudding



Custard



Cheese portion



Yoghurt tube

3. Include some fruit or vegetables



Satsuma



Grapes



Banana



Cucumber



Carrot batons



Raisins



Tinned fruit salad



Cherry tomatoes



Dried apricots



Plum

4. Include an extra low fat/low sugar snack, if needed



Plain breadsticks



Plain rice cakes



Small fruit scone



Crackers



Plain biscuit

We ask families to include an ice-pack in each packed lunch to keep the food cool **OR** We provide a fridge to keep packed lunches in during the school day.