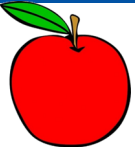




Orleans Primary School



Packed Lunch & School Snack Guidelines



All pupils in Reception, Year 1 and Year 2 are provided with a piece of fruit during morning break. Many pupils in Key Stage 2 also require a snack at morning break to keep them going through the day; this is not provided by the school.

We encourage children to bring in healthy snacks full of vitamins and minerals containing no added salt, fat or sugar. Many of these will help contribute to their 5 recommended daily portions of fruit and vegetables, keep them alert and help them concentrate. It can be hard during the week to think of suitable items for them to bring in to school, but we are aiming, with the help of the children, to not only support them in making healthy choices regarding snacks, but to also reduce food packaging and waste.

Providing snacks in a small, named, recyclable container is ideal.

If you are intending to send in healthy snacks with your child please limit them to the list below. Please also use this list as your guide when preparing your child's packed lunch, and if sending a snack for your child to have after school if they are attending a club:

- Vegetable sticks – such as cucumber, peppers or carrot. A range of colours ensures different vitamins and minerals.
- A portion of cheese.
- A piece of fresh or dried fruit, high in soluble fibre and vitamins would also be a great snack– pineapple, mango, plain raisins, apricots, blueberries, banana slices.
- Bread sticks, plain pretzels, banana bread, malt loaf, oat/rice cakes and small pitta breads are also good snacks, providing children with carbohydrate to sustain them in-between meals.
- Homemade snack - flapjacks or other oat/whole grain-based snack. **These must be nut free.** Items brought into school should be carefully checked by you, to ensure this. Orleans Primary has pupils who are severely allergic to a range of nuts.

We are aiming for a common-sense approach, with the key being to keep it healthy and no chocolate, sweets or crisps.

