

## Packed Lunches at Field Lane J I & N School



We would like to draw your attention to the Government packed lunch advice which advises on:

- fruit, salad and vegetable options
- the importance of oily fish, non-dairy protein, starchy food and dairy
- acceptable snack items

**It advises against crisps, chocolate bars and sweets.**

We provide a plate for your child to place all their lunch items on. This is to make lunchtime a more pleasurable experience but also allows us to ensure that children are eating a healthy diet in school.

One portion of **fruit** and one portion of **vegetable** or **salad every day.**



A starchy food, such as **bread, pasta, rice, couscous, noodles or potatoes**, should be included **every day.**



A dairy food, such as **cheese, yoghurt, fromage frais or custard** should be included **every day.**



**Meat, fish or another source of non-dairy protein** should be included **every day.** Non-dairy sources of protein include lentils, kidney beans, chickpeas, hummus and falafel.



An **oily fish**, such as salmon, should be included **at least once every three weeks.**



A **bottle of water**, however, water is always provided.

Confectionery such as **chocolate bars and sweets** **should not be included.**

Cakes and biscuits are allowed but these should be part of a balanced meal.



Snacks such as **crisps** **should not be included.** Instead seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.

Fried food, such as samosas, should be an occasional treat.



If there are concerns about the contents of a child's packed lunch, we will contact you.

Please note all Kirklees school meals adhere to the Government's **Food Based Standards**. We hold the "**Gold Food For Life Served Here**" accreditation and offer daily healthy choices.