



William Austin Infant School
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Headteacher: Mrs B. Kang B.Ed. (Hons)

Dear Parents/Carers

Packed Lunches

As your child currently brings a packed lunch to school this is a polite reminder that all packed lunches should consist of a healthy and balanced meal. Please find attached some information taken from the NHS Change for Life website for information and ideas on what is recommended for a healthy, balanced packed lunch.

If you are sending grapes or cherry tomatoes as part of their packed lunch, we ask that you cut them in half lengthways to avoid risk of choking.

All packed lunches should be in a named bag or lunch box and should not contain any fizzy or high sugar drinks, chocolate, confectionery or sweets. Takeaway and fast foods are also strongly discouraged.

Children's packed lunches are monitored by the lunchtime staff to ensure that a healthy, balanced meal is being provided.

Because of the increasing number of children with severe nut allergies, **packed lunches must not contain peanuts or sandwich spreads and other foods that may have nuts in them**; this includes products such as peanut butter and Nutella spread. All children sit together to eat at lunchtime, and although your child may not have a nut allergy themselves, they may sit near to a child that does, and we have a duty of care to protect them all.

Change from packed lunch to School Meal or vice versa?

Parents/carers wishing to change meal arrangements from packed lunches to hot meals or vice versa are required to give the kitchen one week's notice by letter.

If you have any questions regarding this letter please contact the school office.

Yours sincerely,

Mrs B Kang
Headteacher