







West Twyford Packed Lunch Policy




A quick reference guide

The contents of a packed lunch should be based on the **EATWELL PLATE** model and in *similar proportions*.



Fruit and Vegetables	at least one portion	
Non-dairy protein	a portion of meat, fish, eggs, beans or pulses (e.g. lentils, kidney beans, chickpeas, falafel)	
Starchy food	a portion of bread, pasta, couscous, noodles, potatoes or rice	
Dairy Food	a portion of cheese or yogurt	
Oily fish	a portion of tuna or salmon should be included once every couple of weeks	
Drinks	plain water	



Packed lunches should NOT include:

<p>Snacks high in fat, sugar or salt e.g. crisps and crisp-like snacks or sweet popcorn</p>	
<p>Confectionery e.g. chocolate bars; chocolate coated biscuits; sweets and chewing gum</p>	
<p>Chocolate spread, jam or marmalade as sandwich filling</p>	
<p>Nuts – nuts have nutritional value but will not be allowed at school because of possible allergic reactions</p>	
<p>Fast Food</p>	
<p>Cereal bars; fruit bars</p>	
<p>Fizzy drinks; sugary drinks; fruit flavoured squash (includes diet drinks & energy drinks)</p>	 <p><small>Sugar content of children's drinks in single-serving containers. *Sugar values in these pictures are 2.5 grams (0.5 tsp).</small></p>

Children may have, as part of a balanced diet:

<p>a piece of cake</p>	
<p>2 plain biscuits (no chocolate covering)</p>	

Children should be taught to eat this last.