

## ST AUGUSTINES PACKED LUNCH ADVICE FOR PARENTS

This information will help you ensure that your child has a healthy and enjoyable lunch time at school.

Children eat together in the school hall.

Children are not allowed to share their lunches.

We encourage children to eat the food you provide but we never force them to eat.

Children must take all left over food and packaging home to you. This is so that you can monitor what they are eating and adjust the quantities you provide accordingly. (In the past when children have been allowed to throw their packaging away, some have also thrown away their food!)

Do not provide too much food for your child. Eating is just a part of lunch time. They must also have some time to play and run about.

Do not provide too many different kinds of food. This confuses young children. They do not know what to choose and tend to leave lots of food half finished.

Instruct your child about the order in which you want them to eat the food.

Our regime is that children should eat sandwiches, salad and savoury food before sweet food and fruit.

Add salad to sandwiches as we do at school. Small sandwiches are often more attractive to small children.

Sweets and chocolates should not be included in packed lunches.

We discourage crisps. Even though they are an easy standby, they have limited nutritional value and tend to be too highly spiced and flavoured. Children often want to eat these first and leave the more nutritional sandwiches that you have made.

Do not include fizzy drinks.

EMERGENCY In an emergency, ie forgotten, lost, spoilt food we will always provide a school lunch and a drink. Make sure your child understands this and is not afraid to ask an adult for help.

Children may not transfer from packed lunch to school dinners on a daily basis. We must have a week's notice before changes are made.