

St Agnes Packed Lunch and Snack options

At St Agnes we value the importance of a healthy lifestyle and encourage all the children to make healthy choices. We have noticed that some packed lunches and snacks are not as healthy as they could be and contain far too many processed foods or high calorie content.

Therefore following Government guidelines please see the below list of acceptable foods that can be put in your child's lunchbox -

- One portion of fresh fruit and one portion of fresh vegetable or salad 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, peanut butter and falafel.
- An oily fish, such as salmon, should be included at least once every three weeks.
- A starchy food, such as bread or pasta, rice, couscous, noodles, potatoes or other cereals, should be included every day.
- A dairy food, such as semi-skimmed or skimmed milk, cheese, yoghurt, or fromage frais should be included every day.
- Fresh drinking water, fresh fruit juice or milk. No fizzy drinks or cordial.
- No crisps, chocolate, chocolate coated biscuits or sweets at all.
- Seeds, vegetables and fruit (with no added salt, sugar or fat).
- Savoury crackers or breadsticks.
- Any packaged snacks must be 100 calories or less and no more than 1 per day.
- 1 Cake or biscuit is allowed but these should be part of a balanced meal
- Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas can be included occasionally.

Any items that are not following these guidelines will be removed from your child and returned at the end of the day.

All school dinners adhere to these guidelines and are planned by a dietician to offer children a healthy balanced daily meal. They follow strict guidelines and salt is not used in any of the preparation or cooking of the foods and sugar is kept to a minimum.

