

St. Joseph's

**Catholic
Primary School**



15th September 2025

Dear Parents and Carers,

Packed Lunches

As part of our commitment to supporting the health and wellbeing of all our pupils, we would like to remind families about our approach to suitable packed lunches.

Why is this important?

A healthy, balanced lunch helps children to concentrate, learn, and feel their best throughout the school day. We also have a duty to ensure that all food brought into school supports our healthy eating policy and does not put other pupils at risk, particularly those with allergies.

What should a suitable packed lunch include?

Please use the guide below when preparing your child's packed lunch:

- **A portion of fruit and/or vegetables** (e.g. apple, carrot sticks, grapes)
- **A source of protein** (e.g. lean meat, eggs, beans, cheese, hummus)
- **A starchy food** (e.g. wholemeal bread, wraps, pitta, pasta, rice, crackers)
- **A dairy product** or suitable alternative (e.g. yoghurt, cheese portion)
- **A healthy drink** (e.g. water, milk)

Please avoid packing:

- Sweets, chocolate bars, and confectionery
- Fizzy or energy drinks
- Nuts or products containing nuts (due to allergies)
- Large bags of crisps or salty snacks (a small packet is acceptable as an occasional treat)
- Cakes and pastries (these should be kept for special occasions only)

Example packed lunch:

- Chicken and salad wrap
- Sliced cucumber and cherry tomatoes
- A small pot of yoghurt
- An apple
- Water bottle

Allergy awareness

To keep all our pupils safe, we are a nut-free school. Please check all food labels before including items in your child's lunchbox, and do not send in products containing nuts or traces of nuts.

Thank you for your continued support,

Kind regards,

Martine Gum

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