

Dear Parents,

In response to queries about the updated Fierte Trust Healthy Lunchbox Policy 2023, which includes snacks for breaktime, we would like to clarify the following:

	Covered under the Healthy Lunchbox Policy	Not permitted under the Healthy Lunchbox Policy
Break Time Snacks	<p><i>Although some cakes and savoury snacks are allowed, these should be minimised to one per day, and it is a good idea to select healthier options where possible.</i></p> <p>Chocolate flavoured products are allowed as they contain less calories than chocolate.</p> <p>Other suggested items:</p> <ul style="list-style-type: none"> • Whole or sliced fruit. • Vegetable sticks, e.g., celery, carrot, pepper, cucumber. Some vegetables are naturally baton shaped which can save you time preparing, for example, sugar snap peas and baby corn. • Bag of plain popcorn. • Bread sticks. • Rice or corn cakes. 	<p>No nuts or products containing nuts.</p> <p>No chocolate bars or biscuits covered with chocolate.</p> <p>No fizzy drinks.</p> <p>No energy drinks.</p>
Lunchboxes	<p><i>The key to a healthy packed lunch is variety and getting the right balance of foods to provide children with all the nutrients they need to stay healthy:</i></p> <p>Cold, starchy foods: potatoes, bread, pasta, rice, couscous, wraps, pitta, and chapatti. Where possible wholegrain varieties should be chosen.</p> <p>Fruit and vegetables: 1-2 portions and vary these throughout the week. They can be fresh fruits or individual packs of dried fruits.</p> <p>Protein: a portion of beans, pulses, fish, eggs, meat and/or non-dairy sources of protein as a sandwich filling or in a salad.</p> <p>Dairy: add a yogurt or some cheese, such as a Cheddar stick, or dairy alternative, e.g., unsweetened soya yogurt or milk.</p>	<p>No nuts or products containing nuts.</p> <p>Any pesto sauces on pasta as these contain nuts.</p> <p>Do not send chocolate spread as this often contains nuts.</p>