



Packed Lunch Guide

A guide for parents and carers

A place of learning,
laughter and friendship

www.thomasbuxton.towerhamlets.sch.uk

Packed Lunches at Thomas Buxton Primary School

This guide aims to support families in providing healthy and balanced packed lunches that help children stay focused and ready to learn and support children to develop healthy eating habits for the future. All children from Reception to Year 6 are entitled to a school lunch. While we encourage families to take up this offer, some parents and carers may prefer to provide a packed lunch on some or all days. If parents and carers choose a packed lunch for their child, we ask that it follows the guidelines set out below.

General Expectations

We ask parents and carers to support us by:

- Providing packed lunches that are nutritionally balanced and appropriate for the school day.
- Providing food that is ready to eat.
- Ensuring that portion sizes are proportionate to their child's age and appetite.
- Providing the lunch in a named lunchbox.

Recommended Foods

We encourage parents and carers to provide a lunch that contains the following food groups:

- Fruit and Vegetables: cucumber, carrots, peppers, apples, oranges, broccoli
- Protein: meat, eggs, cheese, yoghurt, beans, lentils, hummus, tofu
- Carbohydrates: bread, pasta, wraps, rice, couscous, crackers
- Dairy: cheese, milk, yoghurt

The *Eatwell* plate below is a helpful visual guide to a balanced diet:

[The Eatwell Guide - NHS](#)



Foods to Avoid

We ask that packed lunches do not include the following foods:

- Sweets, chocolate, cakes and biscuits
- Crisps and highly processed foods (occasional small portions are acceptable)
- Pastry items, such as sausage rolls and pies
- Fizzy drinks, energy drinks, juice
- Whole grapes or other choking hazards (please ensure that food is cut up in a way to prevent choking)
- Nuts

Allergies

Due to children's allergies, we cannot allow any food that contains nuts to be eaten. Please check ingredients carefully before adding food to your child's lunchbox. We also remind children that lunches cannot be shared with friends.

Drinks

Water is available in class and on every dining table. Every child has a labelled school water bottle which is kept in school and is washed out and refilled daily.

- Milk or unsweetened milk alternatives are acceptable in packed lunches.
- Fizzy drinks, energy drinks and juice are not allowed.
- Bottles must not be made of glass due to the safety risk they pose.

Storage and Packaging

Every morning, children will add their packed lunch box/bag to the trolley in the dining hall.

- Lunches should be packed in a sturdy, labelled lunchbox or bag.
- Reusable containers are encouraged to reduce waste.
- Glass containers are not permitted due to the safety risk they pose.

Packed Lunch Ideas

Below are some healthy ideas that you could consider:

Idea 1

- Wholemeal sandwich with chicken, cheese or hummus
- Cucumber sticks or cherry tomatoes

- Apple slices or a small banana
- Yogurt tube
- Water

Idea 2

- Cold pasta salad with sweetcorn, peas, and shredded chicken or beans
- Grapes (cut lengthways for younger children)
- Crackers or breadsticks
- Water

Idea 3

- Wholegrain crackers or oatcakes
- Cheese cubes or hummus
- Carrot sticks and pepper strips
- A handful of berries
- Water or milk

Idea 4

- Wholemeal wrap with turkey, tuna or falafel and salad
- Small pot of fruit (tinned in juice is fine)
- Rice cakes
- Water

Idea 5

- Mini pitta with hummus and grated carrot
- Edamame or chickpea snack pot
- Orange segments
- Unsweetened yogurt alternative

Instead of.....	Try....
Crisps	Plain or salt popcorn Rice cakes Wholegrain crackers
Sugary yoghurt	Natural or Greek yoghurt with berries
White bread	Wholemeal or 50/50 bread and wraps
Chocolate	Fruit bar, yoghurt tube, mini malt loaf
Pastries (sausage rolls etc.)	Chicken strips, boiled eggs, cheese slices
Sweets	Fresh fruit, dried fruit, jelly pots with no added sugar

