



29<sup>th</sup> September 2020

Dear Parents/Carers

Re: Healthy Packed Lunches

As we have had a number of queries about what pupils are allowed to bring to school for lunch, we felt it would be helpful to clarify our packed lunch policy.

Packed lunches should be based on the NHS Eatwell guide and should include the following every day:

- **Fruit and vegetables** – at least one portion of fruit and one portion of vegetables or salad. This can include dried fruit.
- **Non-dairy source of protein** – meat, fish, egg, beans or pulses such as lentils, kidney beans, chickpeas, hummus or falafel.
- **A starchy food** – like bread, pasta, rice, couscous, noodles, potatoes or other type of cereals.
- **Dairy foods** – such as milk, cheese, and low-sugar yoghurt or fromage frais.
- **Drinks** – the school provides water but a healthy drink could contain 250ml of pure fruit juice, semi-skimmed or skimmed milk.
- **Oily fish** – such as salmon or sardines and should be included at least once every three weeks.

More information is available at:

<https://www.nhs.uk/live-well/eat-well>

To keep packed lunches in line with the food based standards for school meals, packed lunches should **not** include the following:

- High fat, high salt, high sugar snacks such as fried crisps, sweet popcorn and other high fat/salt packet savoury snacks. Baked crisps are acceptable.



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- Confectionery such as chocolate bars, chocolate-coated biscuits, sweets or chewing gum.
- Chocolate spread, honey, jam or marmalade sandwich filling.
- Cereal bars and fruit bars which contain high levels of sugar.
- Fizzy/sugary drinks or fruit flavoured squash. This includes diet drinks and energy drinks which can contain high levels of caffeine and other additives and are not suitable for children.

You may wish to consider alternative low sugar snacks, such as a fruited teacake, malt loaf slice, sugar-free jelly or a single Scotch pancake.

Should you have any questions, please do not hesitate to speak to Mrs Hart or Mrs Coppin on the gate.

Yours sincerely

A handwritten signature in cursive script that reads "S. Kinnaird".

**Sarah Kinnaird**  
**Headteacher**