



19<sup>th</sup> May 2026

Dear Parents and Carers,

Over the last couple of weeks it has been brought to our attention about some of the contents of lunch box items. We hope that this letter helps to clarify expectations for a healthy lunch box and we thank you for your cooperation with this.

We recognise that it can be difficult to navigate the array of different types of foods and to ensure variety in packed lunches. We see many examples of healthy packed lunches and these examples usually contains:

- Sandwich/roll, wrap or pasta
- Savoury snack – crisps, cheese biscuits (cheddars, or similar)
- Small cakes and biscuits are allowed – **but only 1 of these**
- Yoghurt
- Piece of fresh fruit/vegetables

**Please ensure they do not include:**

- **Nuts (to safeguard those with allergies)**
- **Fizzy drinks or energy drinks**
- **Sweets and large chocolate bars**

Many thanks for your support with this matter. Any questions, please don't hesitate to contact us.

Kind Regards

