Packed Lunch Advice for Parents

At Cannon Lane, we believe it is important that packed lunches include healthy, balanced choices.

Packed lunches should aim to include all of the following every day:

- Fruit and vegetables – at least one portion of fruit and one portion of vegetables
- A 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 or potatoes.
- Dairy foods such as milk, cheese or yoghurt
- Water or milk (semi-skimmed or skimmed)

Parents/ Carers should limit:

- Processed meat products - sausage rolls, pies, sausages/chipolatas etc
- Occasionally cakes and biscuits should be enjoyed as part of a meal and not as a snack
- Low-fat crisps maybe provided on an occasional basis
- Fruit juice 150mls per day

Packed lunches should not include:

- Peanut or nut based products (Please see Nut Free School section)
- Sugary soft drinks
- Any fizzy drinks

Items such as chocolate bars and sweets are not permitted.

For more information and practical tips:
https://www.nhs.uk/change4life-beta/recipes/healthier-lunchboxes



Cannon Lane is a Peanut and Nut Free School

As a school we have a responsibility to keep our pupils, staff and visitors safe. To reduce the risk of harm, Cannon Lane does not allow peanut or nut products or products containing peanuts or other nuts to be brought onto the school premises.