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28<sup>th</sup> September 2023

Dear Parents/Carers,

### Packed lunches

Due to Health and Safety reasons we only allow hot food at lunchtime that has been cooked and served on the premises following Health & Safety guidelines.

**If your child brings a packed lunch, it must not contain any hot food, for example, soup in a flask, chicken nuggets, rice etc. Hot food that in the hands of individual children can cause accidents, for example spills or burns. Food should also not be kept warm for long periods as this can cause illness due to bacteria growing in the warm container.**

Packed lunches can contain cold wraps such as sandwiches, wraps, fruit, cake, yoghurt, veg sticks etc. No fizzy drinks or glass bottles are allowed. Water is provided on the tables, or your child may have a soft drink or water in their lunch bag.

If you want your child to have a hot meal, please arrange for your child to have school lunches which consist of a choice of hot food, salad, jacket potatoes and a dessert.

If you want to change to school meals please notify the office.

Please visit <https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/> for healthy lunch box ideas.

Yours sincerely,

H. Atkinson-Smith

Headteacher

