

Esher Church school packed lunch information

Having a healthy lunch helps children to maintain their energy levels throughout the afternoon. We know that children learn best when they have a full tummy, and that a nutritious packed lunch can support attention, concentration and participation in learning. For this reason, we encourage families to provide a balanced lunch that includes a variety of healthy foods. At Esher Church School, we want all children to enjoy a healthy, balanced lunch that helps them learn, play and thrive throughout the school day. We also have a number of children with serious food allergies, so it is important that all families follow the guidance below.

We Are a Nut-Free School

To protect children with severe allergies, **no nuts or nut products may be brought into school.**

This includes:

- Peanuts
- Tree nuts (such as almonds, hazelnuts, cashews, walnuts, pistachios, etc.)
- Peanut butter
- Nutella or other chocolate-nut spreads
- Fruit and nut cereal bars
- Nut-based snack bars
- Mixed nuts
- Cakes, biscuits or chocolates containing nuts
- Any product labelled as containing nuts



If you are unsure whether a product contains nuts, please check the packaging carefully before sending it to school.

No Sharing of Food

Children must **not share, swap or offer food to other children.**

This rule is in place to protect pupils with allergies, medical needs and dietary requirements. Even a small amount of food can pose a serious risk to a child with an allergy.

We regularly remind children about this expectation and would appreciate your support in reinforcing this message at home.

What Makes a Healthy Packed Lunch?

A healthy packed lunch should contain a variety of foods that provide energy and essential nutrients.

Include:

A starchy food

- Wholemeal or brown bread
- Wraps

- Pitta bread
- Pasta
- Rice
- Crackers



A source of protein

- Ham, chicken or turkey
- Tuna or other fish
- Cheese
- Egg
- Beans, lentils or hummus



At least one portion of fruit or vegetables

- Apple, banana, orange or grapes
- Carrot, cucumber or pepper sticks
- Cherry tomatoes
- Dried fruit (in moderation)



A dairy option

- Yoghurt
- Cheese
- Fromage frais

A drink

- Water is encouraged
- Sugar-free drinks where appropriate

Foods to Limit

We encourage families to reduce:

- Chocolate bars
- Sweets
- Fizzy drinks
- Energy drinks
- Large quantities of crisps
- Foods high in sugar, salt or fat

These foods can affect children's concentration and energy levels throughout the day.

Packed Lunch Ideas

Example 1

- Ham sandwich
- Cucumber sticks
- Apple slices
- no nutsnYoghurt
- Water



Example 2

- Cheese wrap
- Carrot sticks
- Banana
- Rice cakes
- Water



Example 3

- Pasta salad
- Cherry tomatoes
- Fruit pot
- Cheese portion
- Water



Thank You

Thank you for helping us keep all children safe and healthy. By providing a balanced packed lunch, avoiding all nut products and ensuring children do not share food, you are helping us create a safe and enjoyable lunchtime for everyone. If you have any questions about food allergies or packed lunches, please contact the school office.

More information can be found here: [Lunchbox ideas and recipes – Healthier Families - NHS](#)