



A Guide for Parents & Carers

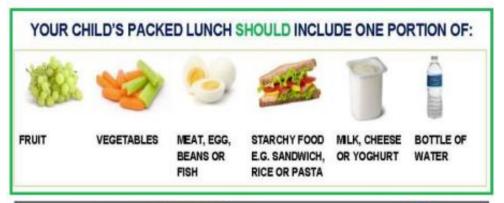
Please note: we are a nut free school. It is extremely important that no nuts are ever included in a packed lunch.



At Fulham, we recognise the importance of a healthy, balanced lifestyle and teach our children to make good choices when it comes to their physical and mental health.

As part of this, we believe that packed lunches provided by a parent or carer should meet the best possible standards of nutrition for every child.

This guide outlines the expectations for packed lunches at Fulham.









We also believe that treats every now and then are part of a balanced diet. We will allow these items on a FRIDAY ONLY.



We will be monitoring packed lunches daily.

If we have any concerns about the quality of the food provided, we will contact you to let you know.

If you have any questions or would like further advice about our expectations, please call the school office or email:

admin@fulhamprimaryschool.org.uk

Further advice and guidance can be found at:

https://www.nhs.uk/change4life/recipes/healthier-lunchboxes

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/ attachment_data/file/528193/Eatwell_guide_colour.pdf

https://www.nutrition.org.uk/healthyliving/healthydiet.html

https://eatlikeachamp.co.uk/