



Hamp Nursery & Infants' School
Rhode Lane
Bridgwater
TA6 6JB

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www.hampnurseryandinfantschool.co.uk

Headteacher: Mrs. M. Weatherburn

As a school we are responsible for supporting children to make healthier life choices which include the food they eat in school.

School Lunches

The Government has introduced free meals for all children up to the age of 7. As well as these meals being free to parents, they also:

- ❖ encourage children to try new foods
- ❖ encourage a more varied diet, and
- ❖ support healthier eating

Over 90% of our children have a school meal!

Packed Lunches

In line with our responsibility to promote healthy eating in school, packed lunches should also be varied and provide healthy options - here are some lunchbox ideas:

- ❖ Chicken & lettuce sandwich, cherry tomatoes, fresh fruit, yoghurt, dried fruit & nuts
- ❖ Cheese & tomato wholemeal roll, fruit cake, fruit salad



- ❖ Ham and cheese tortilla wrap, salad, honey & nut flapjack, fresh fruit
- ❖ Brown rice salad, vegetable sticks, cheese & biscuits, malt loaf, fresh fruit

Please do not send your child to school with items such as jam or chocolate spread sandwiches, crisps, several cakes, sweets or chocolate bars.

Please note that water and milk are provided at lunchtime and you therefore do not need to send your child to school with a drink in their lunchbox.