



**Lillington Nursery and Primary School**  
Cubbington Road, Leamington Spa CV32 7AG  
01926 425114  
admin@lillingtonprimary.com  
**Head teacher: Mrs Wallace**

21st March 2023

**Dear Parents/Carers,**

Lillington Nursery and Primary school aim to adhere to the national guidance on healthy eating. As stated below our suggestions for a healthy lunchbox are guidelines, not rules. In nursery and reception, we will continue to teach and discuss aspects of a healthy lifestyle, of which healthy eating is only one.

We hope you feel able to support our efforts to help our children to make healthy choices.

**Food and drink packed lunches.**

The school will provide a place and adequate time for children to eat a snack, packed lunch (if chosen) and ensure that water bottles can be accessed throughout the day. We encourage you to consider the guidelines for a packed lunch.

**Please ensure that boxes, bottles etc are all labelled with your child's name.**

The following are intended as guidelines, not rules. However, we believe that consideration of these guidelines will support the nursery and reception children in developing healthy eating habits.

Packed lunches should include:

- At least one portion of fruit and one portion of vegetables each day e.g. carrot sticks, cucumber, small apple, banana, mini tomatoes etc. (Grapes should always be cut in half lengthwise)
- Meat, fish or vegetarian / vegan source of non-dairy protein e.g. chicken, turkey, ham, beef, tuna, lentils, chickpea, soya, tofu etc.
- A starchy food e.g. bread, pasta, rice crackers, pitta bread, tortilla wraps etc.
- Dairy food e.g. cheese, yoghurt, fromage frais etc.
- A drink of water (No fizzy drinks or glass bottles)

Please do not include sweets and chocolate bars in a lunchbox. One chocolate biscuit/wafer is fine.

**Special diets and allergies**

Please be aware that food packed should be nut free due to allergies.

Please feel free to contact your child's class teacher via the office if you have any further questions.

Mrs J Radcliffe  
Assistant Head Teacher