

# Lunch Box Policy

St. Mary's Catholic Primary School

## Never allowed in Lunch Boxes

- Fizzy drinks
- Sweets
- Chocolate bars
- Chips or burgers
- Hot food or drinks
- Nuts
- Items of food on skewer sticks
- Fruit Winders

## Allowed on Friday only – ‘Treat Day’

- Crisps
- Sweet biscuits

We ask that parents include items from the 5 different food groups. Further information:

<https://www.nhs.uk/live-well/eat-well/>

