

Packed Lunches Guidance

Keeping Kosher and Being Healthy

Mosaic Jewish Primary is a Kosher School. The school provides hot lunches daily for children and these are paid for from Year 3 onwards unless you are entitled to pupil premium. If you are unsure if this applies to you, then please speak to a member of the office team.

On occasions, such as school trips you may be asked to provide your child with a packed lunch. We aim to be a healthy school, encouraging healthy choices.

- This must be a kosher vegetarian packed lunch.
- A range of fillings –such as egg, cheese, hummus or tuna release energy steadily throughout the afternoon enabling your child to have energy for learning throughout the afternoon.
- Fresh fruit is preferable.
- Please avoid chocolate biscuits, chocolate spread and sweets as they will not provide the optimum nutrition for learning.
- Fruit and cereal bars may contain nuts and as a nut free school we recommend for them not to be included in children’s lunch boxes. This could be very serious for children with nut allergies.
- It should not include gelatine, any animal fats or shellfish and, if possible, should have a hechsher (marking it as kosher) for example:



- or a symbol stating that it is suitable for vegetarians.



Please check all food that you bring into the School to ensure that it conforms to the rules of the school building.

Please check carefully as some common favourites (e.g. **Smarties** and **Haribo**) contain animal extracts. If you are not sure, please check in the Kosher Nosh Guide or ask Miss Bear.

For ideas and information about children’s lunchboxes, see www.childrensfoodtrust.org.uk/parents/packed-lunches there are a range of vegetarian menu ideas and low effort packed lunch menus for as little as £1.50 or less.