

Keeping Kosher and Being Healthy

Mosaic Jewish Primary is a Kosher School. In line with the London Mayor's Free School Meal Initiative, the school provides hot lunches daily for all children from reception to year 6. If you have any questions about this, please speak to a member of the office team. The seasonal menu will be available on our website from September – www.mjps.org.uk.

When going on a school trip, the children will be asked to bring in a vegetarian packed lunch. Please ensure that you follow the school's Kashrut rules.

We aim to be a healthy school, encouraging healthy choices following the below criteria:

- ❁ The lunch must be a kosher vegetarian packed lunch and therefore kosher home-brought meat cannot be included in the lunch box.
- ❁ 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 they are prohibited and 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 (Kosher Nosh Guide) or contact the office for further support.

For ideas and information about children's lunchboxes, see Lunchbox Ideas | Recipes | Change4Life (www.nhs.uk) there are a range of vegetarian menu ideas and low effort packed lunch menus for as little as £1.50 or less.