

## Healthy Packed Lunches & Snacks

### What you need to know

**Eating well is important. Children need to eat well as it will give them the energy and nutrients to row and develop and be healthy and active.**

**A healthy, enjoyable lunch gives children the energy they need to learn and play at school.**

Use the information in this leaflet to help make your child a healthier packed lunch. Packed lunches need to be consistent with the nutritional standards provided by school meals.



Our Healthy Packed Lunch & Snack guidelines have been developed using key government guidance associated with healthy eating and the school day. The Eatwell Plate demonstrates how to get the balance right, by showing the proportion of each of the five food groups that should be eaten each day. We have also used guidance from the Local Authority on being a Healthy School.

School meals, snacks and packed lunches represent a third of a child's daily intake of foods and nutrients, which presents a great opportunity to promote healthy food choices for children and young people. The School Food Trust (SFT) provides regulations and guidance for healthy school meals, snacks and packed lunches and this recommends that foods from the high fat and/or sugar group on the Eatwell plate (e.g. crisps and chocolate) should not be included in a packed lunch, and should be consumed out of school hours.



### Breaktime Snack

Nursery, Reception and Key Stage One pupils have fruit provided under a government scheme for their snack.



Key Stage Two children may also only have fresh fruit and vegetables for their snack at breaktime.

Children are not permitted to bring any other food items. It is the parents' responsibility to ensure that their child brings fresh fruit or vegetables to school for their snack.

## What is a healthy packed lunch?

**A healthy packed lunch is a balanced meal providing a variety of nutrients.**

### Key to Symbols used in leaflet

✓ Good to pack   ! Pack with caution   ✗ Not allowed

**We ask that all packed lunches be based on the School Food Trust's food based standards for packed lunches and should include the following:**

- ✓ Fruit and Vegetables: at least one portion of fruit and one portion of vegetables (seasonal if possible)
- ✓ Protein: meat, fish, egg or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus and dhal)
- ! Meat products such as sausage rolls, sausages and chipolatas, pies and pastries should not be included more than once a fortnight.
- ✓ Oily fish: such as tinned or fresh mackerel, sardines and salmon, and fresh skipjack tuna (tinned tuna is not counted as an oily fish)
- ✓ Carbohydrate: starchy food such as bread, pasta, rice, couscous, noodles, potatoes, chapattis and roti.
- ✓ Dairy: food such as milk, cheese, yoghurt, fromage frais, or calcium fortified soya products, reduced fat versions of these should be used where possible
- ✓ Drinks: water only
- ✓ Fruit based pudding such as fruit salad, tinned fruit with yoghurt or custard, fruity rice pudding.



## Packed lunches should NOT include any of the following:

- ✗ Juices, fizzy/sugary drinks in cartons, bottles or cans (including diet drinks and energy drinks which can contain high levels of caffeine and other additives which are not suitable for children)
- ✗ Confectionery such as chocolate bars, chocolate-coated biscuits and sweets
- ✗ Chocolate spread as a sandwich filling (as this may contain nuts)
- ✗ Snacks such as crisps.
- ! Cakes and biscuits are allowed in moderation but encourage your child to eat these only as part of a balanced meal which includes a good range of the elements on the 'should include' list above.

## Special diets and allergies

We ask Parents/Carers **NOT** to put any nut based products in to their child's packed lunchbox due to any nut allergies in the school. The school recognises that some pupils may require special diets that do not follow the national food standards exactly. In this case Parents and Carers are asked to make sure that packed lunches are as healthy as possible.

## Practical Tips for a Healthy Lunchbox

- ✓ Try to vary the contents of the lunchbox daily
- ✓ Involve your child in preparing their lunchbox. They are more likely to enjoy food they have made themselves.
- ✓ If your child refuses to eat brown bread, try a lighter variety or make sandwiches using a slice of white and a slice of wholemeal bread.
- ✓ For variety, use pitta strips, crackers, bread sticks, or fruit and vegetable sticks with a dip.
- ✓ Always try to add a little salad to a sandwich. To avoid soggy sandwiches, dry the salad before adding it to the sandwich or put it in a separate bag or tub.
- ✓ Make a fruit smoothie by blending juice and fruit together, or a yoghurt or milk drink by mixing yogurt or semi-skimmed milk with pureed fruit.
- ✓ Make a salad using rice, potato or pasta from the night before, mixed with vegetables, beans and so on.