

Other useful tips:

- Leftovers are great! Pack up last night's pasta and sauce.
- Involve your child whilst preparing their lunchbox.
They're more likely to enjoy what they've made themselves.



GREENS NORTON CE PRIMARY SCHOOL
HEALTHY PACKED LUNCH GUIDANCE

As part of our continuing work to encourage healthy eating this leaflet is designed to help guide parents and carers when preparing packed lunches for their child.

Children need to eat well as it will give them the energy and nutrients they require to grow and develop, be healthy and active. A healthy enjoyable lunch gives children the energy they need to learn and play at school.

- Eating habits and attitudes towards healthier eating are established in childhood
- We should promote a healthy lifestyle in school
- Poor diets in childhood can contribute to:
 - Tooth decay
 - Obesity and being overweight
 - Certain forms of cancer
 - Poorer academic achievement

This leaflet gives suggestions for a healthy lunchbox, whilst also outlining the items to be avoided.

Packed lunches should be based on the EatWell plate model and should aim to include all of the following every day:

- ✓ Fruit and Vegetables - at least one portion of fruit and one portion of vegetables or salad.
- ✓ A non-dairy source of protein - meat, fish, egg, beans or pulses, such as lentils, kidney beans, chickpeas, hummus or falafel.
- ✓ A starchy food like bread, pasta, rice, couscous, noodles, potatoes or other types of cereals.
- ✓ Dairy foods such as milk, cheese, yoghurt or fromage frais.
- ✓ Oily fish such as salmon should be included at least once every three weeks.
- ✓ **Drinks - the school provides water for all children at lunchtimes. Drinks containing sugar, including fruit juices, should be avoided.**

For a healthier snack:

- Replace cakes and pastries with fruit bread or teacake
- Replace salted savoury snacks, such as crisps, with popcorn (not sweet or toffee), breadsticks, rice cakes or cheese and crackers
- Include dried fruit or fruit salad



Children's packed lunches should always include:

- ✓ A starchy food, such as bread, potato, rice or pasta
- ✓ At least one item of fruit, vegetable or salad every day
- ✓ A balance of foods from different food groups

To keep packed lunches in line with the food based standards for school meals, packed lunches should not include:

- × Chocolate or food items containing chocolate
- × Other confectionery such as sweets (including Haribo)
- × Fizzy or sugary drinks
- × Fruit flavoured squash drinks such as Ribena, Fruit Shoot or Capri Sun,
- × Diet or energy drinks which contain high levels of caffeine and other additives are not suitable for children
- × Fast food such as hamburgers or chips

Occasionally the following may be included:

- Snacks such as crisps
- Meat products such as sausage rolls, individual pies, corned meat and sausages - these foods have a very high fat and salt content
- Cakes and plain biscuits are allowed but children should be encouraged to eat these only as part of a balanced meal