

Great Preston C of E Primary School

Packed Lunch Guidance



This guidance has been developed in consultation with parents and carers, children and staff and is intended to help children develop healthy eating habits and ensure they get the energy and nutrition they need across the day.

All packed lunches should include:

- At least one portion of **fruit** and/or one portion of **vegetables** every day.
- A starchy food such as bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day. These are the **carbohydrates**.
- Sandwiches should contain some form of **protein** every day. Choose from meat, fish, eggs, cheese, beans or pulses i.e. hummus, chickpeas - no chocolate spread or jam.
- **Dairy** food such as milk, cheese or yoghurt every day.
- A drink is not required as free, fresh water is available at all times but you may wish to send your child with a bottle of water.
- Occasionally, children may have a biscuit or a small piece of cake with their lunch however, they should not contain or be covered in chocolate.

Chocolate is not used in school cakes or biscuits; cocoa powder is used as a healthy alternative, in line with Leeds guidelines.

To reduce the consumption of high sugar or salt products, and in line with The School Food Standards and the Children's Food Trust guidelines, packed lunches should not include:

- Salty snacks like crisps - instead include seeds, vegetables and fruit with no added salt, sugar or fat.
- Confectionary like chocolate, chocolate-coated biscuits, cereal bars, processed fruit bars and sweets.
- Sugary soft drinks, like squash and fizzy drinks (even if labelled as 'sugar-free', 'no-added sugar', or 'reduced sugar' as these drinks can often contribute to tooth decay and provide little nutritional value).

In order to protect any children and staff with nut allergies, we are a nut free school. No nuts of any kind should be put into your child's packed lunch box.

The school also recognises that some pupils may require special diets; in this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible.