

The aim of our guidance is...

To keep up our success of being a Healthy School, we think all children should enjoy a healthy lunch. This guidance is to help packed lunches be as healthy as school meals which meet the School Food Standards.

www.schoolfoodplan.com/standards

How we will support the guidance

We will ensure that free, fresh drinking water is available at all times. It is not essential to include a drink in packed lunches as water is provided.

We will allow pupils who bring a packed lunch and pupils who have a school dinner to sit and eat together.

We will ensure we listen to our pupils' and parents' views to ensure that this guidance is fair and meets everyone's needs.

Our traffic light system is in line with the School Food Standards for school meals.

Eating a healthy packed lunch or school meal is important to help children stay healthy, feel good and improve their ability to learn.

Our packed lunch guidance has been developed following observations of children's packed lunches, that found some less healthy foods that can affect energy levels, allergies, concentration, behaviour and health.

A healthier packed lunch focuses on the five main food groups of the Eatwell Guide, foods in **purple** the small section should not be eaten in school.



PACKED LUNCH GUIDANCE LEAFLET

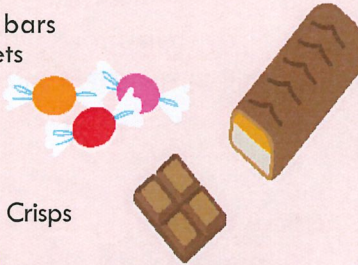




Red foods

These foods are discouraged in school lunch boxes.

Chocolate bars or sweets



Crisps

Cereal bars (these can be high in fat and sugar).



Chocolate biscuits and cake bars



Processed fruit products such as winders (these can be high in sugar).



Sugary drinks such as Caprisun, Ribena, squash, fizzy drinks and energy drinks.



Amber foods

These types of foods could be included occasionally as part of a balanced packed lunch.

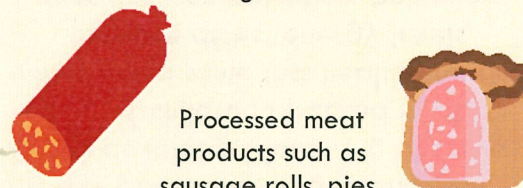
High salt or fat snacks such as, snack-a-jacks, crackers, bread sticks.



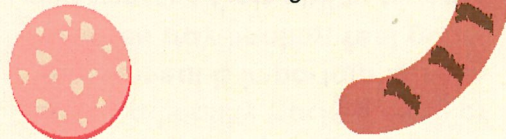
Small plain or fruit cakes such as scones, tea cakes or malt loaf.



Plain biscuits, flapjacks or fig rolls



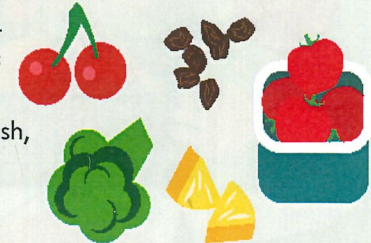
Processed meat products such as sausage rolls, pies, corned beef, pasties, pepperoni or sausages.



Green foods

You should put these in lunch boxes everyday or as often as you like.

1 portion of fruit and 1 portion of vegetables. This could include fresh, tinned or dried.



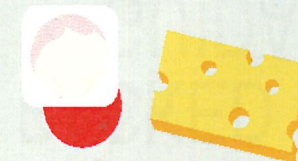
Starchy food such as bread, pasta, pittas, bagels, wraps etc. Try to include wholegrain varieties.



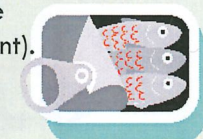
Meat, fish or other sources of non-dairy protein (e.g. lentils, kidney beans, quorn, chickpeas, houmous, eggs).



Dairy food such as milk, cheese, yoghurt or fromage frais.



Oily fish such as salmon or sardines at least once every three weeks (tinned tuna doesn't count).



Only water as we provide all pupils with free fresh drinking water throughout the day and at lunchtimes.

