

Tips for a healthy balance

- ◆ Seasonal fruit and vegetables are often cheaper than fruit and vegetables bought out of season.
- ◆ Encourage your children to pack their own lunch.
- ◆ Help them to pick healthy choices.
- ◆ If they pick and pack their lunch themselves they are more likely to eat it.
- ◆ If your child won't eat brown or wholemeal bread why not try using a slice of brown and a slice of white bread to make their sandwiches, or 50:50 bread or 'Best of Both'.
- ◆ Always try to pack a variety of foods each week in a packed lunch to keep lunchtime interesting.
- ◆ Take care with the number of items or amount of food you put in the packed lunch. It is better that they eat everything than get fed up halfway through and waste food. You know how much your child eats at home, use this as a gauge.

Packed lunch safety

- ◆ A cold pack or insulated lunchbox can help to keep food cool, appetising and safe
- ◆ Use a small ice pack to keep the lunch box cool. Or, freeze a carton of fruit juice and pop this in the lunch box before going to school in the morning
- ◆ Avoid putting warm food into the lunch box as this will cause the other contents to become warm
- ◆ Sometimes sandwiches can be frozen in advance; this will not only save time in the mornings but will also keep the contents of the lunchbox cool until lunchtime
- ◆ Keep the lunchbox in the fridge until you are ready to leave in the morning.



Packed Lunch Guidance for Parents



School Food Plan Guidance

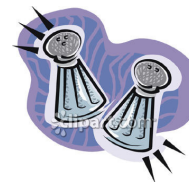
The school is keen to encourage pupils to eat healthily whilst in school. The school complies with the Requirement for School Food Regulations 2014 in terms of the food served in the school dining room and is keen that parents also adopt the principals of these regulations when preparing packed lunches.

School Food Plan guidance

- ◆ Include at least one portion of fruit and one portion of vegetables or salad every day.
- ◆ Include oily fish, such as salmon, at least once every three weeks.
- ◆ A starchy food such as bread or pasta, rice, couscous, noodles, potatoes or other cereals, should be included every day.
- ◆ Include a dairy food such as semi-skimmed or skimmed milk, cheese, yoghurt, fromage frais or custard every day.
- ◆ Free, fresh drinking water should be available at all times.
- ◆ Include only water, still or sparkling, fruit juice, semi-skimmed milk, yoghurt or milk drinks and smoothies.
- ◆ Snacks such as crisps should not be included. Instead, include nuts†, seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit and vegetables or dairy food are also a good choice.
- ◆ Confectionery such as chocolate bars, chocolate-coated biscuits and sweets should not be included. Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.
- ◆ Meat products such as sausage rolls, individual pies corned meat and sausages/chipolatas should only be included occasionally.
- ◆ Meat, fish or another source of non-dairy protein should be included every day. Non-dairy sources of protein include lentils, kidney beans, chick-peas, hummus, peanut butter† and falafel.

General Principles

- ◆ Reduce salt
- ◆ Reduce sugar
- ◆ Reduce fat
- ◆ Increase fruit, vegetables and wholegrains
- ◆ Encourage variety



Snack Suggestions

Drinks

- ◆ Swap sugary drinks for milk, pure fruit juice, smoothies, yogurt drinks or water. High sugar drinks can cause tooth decay.
- ◆ Water is available to everyone at lunchtime so you may not need to pack a drink at all.
- ◆ Try to avoid anything that says 'drink' on the label, such as fruit juice drink, as these can be very sugary. Look at the ingredient label to see if sugar is in the list.

Snacks

Instead of snacks which are high in salt, sugar and fat, why not try:

- ◆ A small bag of plain popcorn
- ◆ Slice of fruit loaf or bread, currant bun
- ◆ A fruit muffin
- ◆ Carrot cake
- ◆ Scone
- ◆ Plain or fruit biscuits
- ◆ Pot of jelly with fruit
- ◆ Pot of chopped fruit
- ◆ A small slice of flapjack
- ◆ A small tub of mixed nuts, seeds and dried fruits (NB: check if your school has a nut policy)