

GUIDANCE TO PARENTS ON 'PACKED LUNCHES'



We aim to ensure all aspects of food and nutrition at Pooles Park Primary School promote the health and wellbeing of pupils.

EATING ENVIRONMENT

The school will provide a safe, calm and healthy eating environment for children having a packed lunch at school. We do this by:

- Ensuring all children wash their hands before their meal
- Encouraging children to eat all or try to eat most of the food provided in their lunch box.
- Making sure children have the time to eat their lunch and do not rush, whilst, recognising that children also need time to play.
- Asking children to take leftovers from lunchboxes home to enable parents to see what their child has eaten.
- Providing fresh water for every child

PACKED LUNCHES

We would like lunch boxes to reflect a healthy balanced meal. As a healthy school we abide by the DfE's set of *guidelines* recommending what should be included in lunch boxes to provide children with a healthy meal. We are asked by OFSTED to provide parents with appropriate food content for lunch boxes.

Children are not allowed to swap or share their food from lunch boxes.

Packed lunches and after school snacks **should not** include the following:

- ✗ Sweets, cakes, chocolate or chocolate covered products, biscuits, pastries or desserts (except yoghurt)
- ✗ Food containing nuts (some pupils in school have severe allergic reactions to contact or proximity to nuts)
- ✗ Fizzy/sugary drinks including squash (pure fruit juice is permitted)
- ✗ Savoury crackers or bread sticks

The recommended contents of a healthy lunch box are:

- ✓ A good portion of starchy food (eg, wholegrain roll, thick slice of wholemeal bread, pitta, pasta or rice salad)
- ✓ Plenty of fruit and vegetables (an apple, Satsuma, handful of cherry tomatoes, carrot sticks, sugarsnap peas, cucumber sticks, mini can of fruit chunks, small box of raisins)
- ✓ A portion of milk or dairy food (individual cheese portion, pot of yoghurt)
- ✓ A small portion of lean meat, fish or alternative (2 slices of ham, quorn, cheese, tuna, egg or hummus)
- ✓ A drink (small carton of fruit juice, lower fat milk) Water is provided.
- ✓ One small packet of crisps, fruit scone or malt loaf may also be included.

SNACKS

Morning: Children may bring a piece of fruit to eat at morning playtime.

After school: Children may bring a healthy snack to eat when they arrive at their after school club. Some example snacks are:

- ✓ A portion of fruit or vegetables – a carrot, apple, banana, cucumber, satsuma
- ✓ Rice cakes
- ✓ A malt loaf slice
- ✓ Lower fat, lower sugar yoghurt or fromage frais
- ✓ Chopped vegetables and hummus
- ✓ One crumpet
- ✓ Sugar free jelly

If a child's packed lunch does not conform to healthy lunch box guidelines it will be returned to parents and your child will be offered a healthy school meal.

Further guidance on healthy food choices can be found online at:

www.nhs.uk/change4life