

Guidance on Packed Lunches

Food and drink in packed lunches

Ideally packed lunches should include food from the four main food groups:

Bread, other cereals and potatoes food group

There should be a good portion of starchy food in lunchboxes, such as thick slices of bread, pitta, bagels, tortilla wrap, pasta, couscous, noodles, and rice or potato salad. Wholegrain bread, pasta and rice should be encouraged.

Fruit and vegetables

Fresh fruit (whole or in chunks), salad vegetables (can be added to sandwiches) sliced or baby vegetables, fruit salad tinned in juice (with no added sugar, salt, or sweetened syrup), fruit juice, dried fruit, cherry tomatoes, carrot sticks, fruit chunks, grapes, satsumas, pear, apple, banana, raisins, apricots, salad or vegetables within pasta salad.

Milk and dairy

Portion of milk (semi-skimmed or skimmed), cheese, drinking yogurts, yogurt smoothies or pot of yogurt and fromage frais, cheese dips with vegetable sticks.

Meat, Fish or alternative foods

A portion of lean meat or fish, such as ham, chicken, beef or tuna, oily fish such as salmon and mackerel salad should be included.

Alternatives include vegetables, eggs, hummus or beans/lentils.

Drink provision

The school ensures that fresh, palatable, free drinking water is available to all pupils and easily accessible. Drinks that are encouraged are still or sparkling water, fruit juice (with at least 50% fruit juice), vegetable drinks, semi-skimmed or skimmed milk, yogurt, smoothies, plain soya, rice or oat drinks enriched with calcium. Fizzy or carbonated drinks are not allowed in packed lunch boxes.

Food and drink not encouraged

Snacks such as crisps in the lunch box, are not encouraged every day. Try healthier alternatives such as savoury crackers or breadsticks.

Confectionary such as chocolate bars or chocolate spread as a sandwich filling **should not** be sent in the child's packed lunch box. Chocolate bars include bars whose content is chocolate or chocolate and toffee or chocolate and fudge. Examples include: Mars Bars, Snickers, Smarties, Chomps, Fudges. Chocolate

covered biscuits and wafers are allowed but only as part of a balanced diet. These include Penguins and Kit Kats.

Cakes and biscuits are allowed but again only as part of a balanced diet, try to include plain or fruit scone or malt loaf.

Sweets are not allowed, try replacing with fresh fruit.

Meat products such as sausage rolls, pies and corned beef should be used occasionally only.

Fizzy or carbonated drinks are not allowed in packed lunch boxes.

Glass bottles and tins are not allowed in the child's lunch box.

General

- Midday Supervisors check whether the children have eaten the food in their packed lunch and encourage children to eat food that they have left. Uneaten food is returned to packed lunch boxes so that parents can see what is being eaten by their child.
- Parents should try to ensure that lunches are in insulated bags and that small gel packs or ice packs are used to keep food cool.
- Parents should provide cutlery for items such as yoghurts. These should be placed in the packed lunch box.
- Parents should ensure that lunch boxes and any cutlery are washed on a daily basis.