



*Growing in faith: loving and learning  
together with Jesus*



St. Mary's Catholic Primary School - St. Vincent's Catholic Primary School

# Healthy Packed Lunch

A booklet to support our policy

Eating healthily is important because it will help children to:

- Be fitter and stronger
- Be able to combat illness now and later in life
- Improve concentration and behave better



## Aim

To make sure that pupils who bring a packed lunch to eat in school, and on school trips, have food which is just as healthy and nutritious as the food served in school lunches.


## Why do we need a policy?

The government has placed a duty on schools to promote healthy eating and has invested heavily in improving school meals and providing free fruit. **The School Food Trust** encourages healthy eating and recommends that schools have a policy.

A packed lunch can make a valuable contribution to your child's diet and future health. It is important to include a balanced variety of foods so that your child can get all the nutrients they need.

According to the **Children's food trust**, *'Currently pupils who bring packed lunches typically have a higher average intake of sugar, fat, saturated fat and salt than those taking a school lunch.'*

## What to pack in a healthy lunchbox

What	Why	Ideas
<p><b>Potatoes, bread, rice, pasta and other starchy carbohydrates</b></p>	<p>Starchy foods will help your child feel satisfied, as well as being a good source of energy and B vitamins. Choose wholegrain or higher fibre versions with less added fat, salt and sugar.</p>	<ul style="list-style-type: none"> <li>• 2 slices of bread</li> <li>• 2 small bread rolls</li> <li>• 1 tortilla wrap</li> <li>• 1 or 2 mini pitta breads</li> <li>• 1 scone or currant bun</li> <li>• 2 tablespoons of cooked rice, pasta or couscous</li> <li>• a slice of deep pan pizza - choose one with a vegetable or fruit topping</li> </ul>
<p><b>Fruit and vegetables</b></p> 	<p>Help your child get their five a day by putting two portions of fruit and vegetables in their lunchbox.</p> <p>Fruit and veg are full of minerals, vitamins and fibre. They are necessary for the body to function properly. They keep people strong and healthy.</p> <p>To reduce the risk of choking smaller fruits and veg, e.g. grapes and cherry tomatoes should be cut into quarters.</p>	<ul style="list-style-type: none"> <li>• 1 medium apple, orange, banana or pear</li> <li>• 2 small fruits, e.g. kiwi, satsumas.</li> <li>• 1 cup of cut grapes, cherries or berries</li> <li>• 1 large slice of pineapple or melon</li> <li>• 1 heaped tablespoon of dried fruit, e.g. raisins</li> <li>• 1 cereal bowl of salad</li> <li>• 3 heaped tablespoons of chopped veg or fruit</li> <li>• 150ml of pure unsweetened fruit juice or fruit smoothie</li> </ul>
<p><b>Beans, pulses, fish, eggs, meat and other proteins</b></p>	<p>Protein is important to help your child grow and build muscle.</p> <p>Non-processed and leaner varieties are healthier.</p>	<ul style="list-style-type: none"> <li>• 2 slices of cooked meat</li> <li>• 2 slices of chicken or turkey breast</li> <li>• 1–2 eggs (hard-boiled, sliced or mashed)</li> <li>• half a small can of tuna,</li> <li>• 2 tablespoons of chickpea spread, e.g. hummus with carrots/celery</li> </ul>

<p><b>Dairy and alternatives</b></p>	<p>Milk and dairy products provide calcium, protein and vitamins for growth. There are lots of non-dairy alternatives available. Children over two years of age can have lower fat dairy products if they are eating well.</p>	<ul style="list-style-type: none"> <li>• a mini-carton of milk (200ml)</li> <li>• a pot of yogurt, custard or rice pudding</li> <li>• a matchbox-sized piece of cheese</li> <li>• 2 triangles of spreadable cheese</li> </ul>
<p><b>Healthy tips and treats</b></p>	<p>Vary their lunchbox contents daily to provide a variety of nutrients.</p> <p>Get your child to prepare their own lunches</p>	<ul style="list-style-type: none"> <li>• mini fruit muffin/loaf</li> <li>• a plain bun or slice of cake</li> <li>• a slice of carrot cake or banana bread</li> <li>• sugar-free jelly pot</li> <li>• pot of yoghurt or custard</li> </ul>

The Eatwell Guide opposite shows the different types of food we eat and the proportions we should aim for to achieve a healthy balanced diet.



# The Policy

## The school will:

Ensure facilities are available which provide fresh drinking water for pupils bringing packed lunches.

Provide an appropriate dining area for the pupils to eat their packed lunches.

Work with parents to assist them when making choices for their child's packed lunch.

Work with pupils to develop their own understanding of healthy food and balanced diets through the curriculum.

Ensure any lunch not consumed is sent home so parents can see what their children are/are not eating at school and pre-school.

## Parents will need to:

Provide a named, suitable, clean container which their children can eat their packed lunch from.

Ensure their child/children understands that they must only eat their own food and not that of other pupils'.

Cut up grapes and any other large berries (blueberries, strawberries etc.) in half, lengthways before sending them to school as they are a choking hazard.



## The Do's

Please ensure your child brings a drink to accompany their packed lunch. Drinks suitable for a healthy packed lunch are: water, milk, fresh fruit juice and squash.

## The Don'ts

No nuts or anything containing nuts, including peanut butter and chocolate spreads.

No chocolate or sweets.

No fizzy drinks.

No single use plastics.

