

# 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.

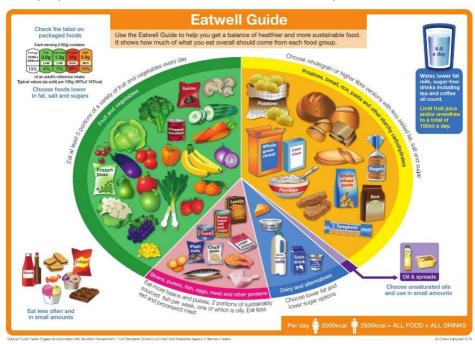
According to the **Children's food trust,** *'Currently pupils who bring packed lunches typically have a higher average intake of sugar, fat, saturated fat and salt than those taking a school lunch.'* 

### What to pack in a healthy lunchbox

What	Why	Ideas
Potatoes,	Starchy foods will help your	• 2 slices of bread
bread, rice,	child feel satisfied, as well as	• 2 small bread rolls
pasta and	being a good source of	• 1 tortilla wrap
other	energy and B vitamins.	• 1 or 2 mini pitta breads
starchy	Choose wholegrain or higher	• 1 scone or currant bun
carbohydrates	fibre versions with less added	• 2 tablespoons of cooked
	fat, salt and sugar.	rice, pasta or couscous
		• a slice of deep pan pizza -
		choose one with a
		vegetable or fruit topping
Fruit and	Help your child get their five a	• 1 medium apple, orange,
vegetables	day by putting two portions	banana or pear
	of fruit and vegetables in their lunchbox.	• 2 small fruits, e.g. kiwi,
	their lunchbox.	satsumas.
	Fruit and year are full of	• 1 cup of cut grapes, cherries or berries
	Fruit and veg are full of minerals, vitamins and fibre.	• 1 large slice of pineapple
	They are necessary for the	or melon
	body to function properly.	• 1 heaped tablespoon of
<b>*</b>	They keep people strong and	dried fruit, e.g. raisins
	healthy.	• 1 cereal bowl of salad
Call X	Treatiny.	• 3 heaped tablespoons of
	To reduce the risk of choking	chopped veg or fruit
	smaller fruits and veg, e.g.	• 150ml of pure
	grapes and cherry tomatoes	unsweetened fruit juice or
	should be cut into quarters.	fruit smoothie
Beans, pulses,	Protein is important to help	• 2 slices of cooked meat
fish, eggs,	your child grow and build	• 2 slices of chicken or
meat and	muscle.	turkey breast
other proteins		• 1–2 eggs (hard-boiled,
Janes proteins	Non-processed and leaner	sliced or mashed)
	varieties are healthier.	<ul> <li>half a small can of tuna,</li> </ul>
		• 2 tablespoons of chickpea
		spread, e.g. hummus with
		carrots/celery

Dairy and	Milk and dairy products	• a mini-carton of milk
alternatives	provide calcium, protein and	(200ml)
	vitamins for growth. There	• a pot of yogurt, custard or
	are lots of non-dairy	rice pudding
	alternatives available.	• a matchbox-sized piece of
	Children over two years of	cheese
	age can have lower fat dairy	• 2 triangles of spreadable
	products if they are eating	cheese
	well.	
Healthy tips	Vary their lunchbox contents	mini fruit muffin/loaf
and treats	daily to provide a variety of	<ul> <li>a plain bun or slice of</li> </ul>
	nutrients.	cake
		<ul> <li>a slice of carrot cake or</li> </ul>
	Get your child to prepare	banana bread
	their own lunches	<ul> <li>sugar-free jelly pot</li> </ul>
		<ul> <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.

