

The aim of our guidance is...

To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide children with healthy and nutritious food in a similar way to food served in schools, which are regulated by national standards.



We are a peanut & nut-free school due to severe allergies

(No peanuts or tree nuts such as almonds, cashews, pecans, walnuts, macadamia nuts, pine kernels, hazelnuts, pistachio, chest nuts & Brazil nuts)

How we will support the guidance...

- We will ensure that free, fresh drinking water is readily available at all times and we strongly encourage children to be offered water only to drink with their lunch. It is not essential to include a drink in packed lunches as water is provided.
- We will provide menu ideas for healthy packed lunches.
- We will ensure that pupils who bring a packed lunch and pupils who have school dinner are able to sit and eat together.
- We will share healthy packed lunch ideas to parents and carers.
- We will listen to our pupils' and parents' views.

Why have guidance for packed lunches?

Eating a healthy diet and exercising regularly can help children to stay a healthy weight, as reflected in the Change4life message 'eat well, move more, live longer'.

Eating a healthy packed lunch or school meal is important to help children stay healthy, feel good and improve their ability to learn.

Our packed lunch guidance has been developed in response to observations of children's packed lunches. This showed that some contained too many unhealthy food choices.

A healthy packed lunch should be based on the four healthier food groups of the 'Eatwell' plate.

<https://www.nhs.uk/Livewell/Goodfood/Pages/the-eatwell-guide.aspx>



Holy Trinity C of E Primary School

Packed Lunch Guidance Leaflet





Green foods

Every day as part of a balanced diet

Fruit, vegetables or salad. This could include fresh, tinned or dried.



A type of starchy food such as bread, pasts, pittas, bagels, wraps etc. Try include wholegrain varieties too.



Proteins



Dairy food such as cheese and yoghurt.



Water – We provide all pupils with free fresh drinking water throughout the day and at lunchtimes.



Amber foods

Once or twice a week as part of a balanced diet

High salt snacks such as crackers and popcorn etc



Small plain cakes or fruit cakes such as scones, tea cakes or malt loaf



Plain biscuits or flapjacks



Processed meat products such as sausage rolls, pies, pasties, pepperami or sausages.



Red foods

Not allowed in school lunch boxes

Chocolate bars



Sweets



Chocolate biscuits and cake bars



Processed fruit products such as winders and yo-yo's (these can be high in sugar)



Sugary drinks such as Caprisun, Ribena, Squash and fizzy drinks.



We are a nut-free school, so peanuts & nuts/nut products are not allowed (coconut is not classified as nuts in the UK)