Haverigg Primary School's



Healthy Packed Lunch Policy

How to pack a well-balanced lunch box - focus on the food groups

To be in-line with the School Food Standards set by the Department for Education, we feel this is a very reasonable packed lunch policy and one which we would like all parents to work towards achieving **one small change at a time.** We do understand that some children struggle with change but, the healthier choices you can gradually make, the better your child's health will be.

Packed lunches should include:

- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish, eggs, or a non-dairy protein (e.g. lentils, kidney beans, chickpeas, houmous or falafel) every day.
- Oily fish, such as salmon, at least once every three weeks.
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or another cereal every day.
- A dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.
- A drink of water, fruit juice or smoothie (maximum portion 150ml), or semi-skimmed milk or skimmed milk, yoghurt or another milk drink.

Packed lunches can occasionally include:

- Meat products such as sausage rolls, individual pies, corned meat and sausages.
- Cakes and biscuits - but encourage your child to eat these as part of a meal and be mindful of appropriate portion sizes.

Packed lunches should not include:

- Nuts or nut butters (we do have children in school with allergies)
- Salty snacks such as crisps.
- Confectionery such as chocolate bars, chocolate-coated cereal bars, processed fruit bars and sweets.
- Sugary soft drinks, such as squash and fizzy drinks.