

# Pleasant Street Healthy Packed Lunch Policy



## Overall aim of the policy:

To ensure that all packed lunches brought from home and consumed in school (or on trips) provide pupils with healthy and nutritious food that is similar in quality to food served in schools, which is required to meet national standards.

### Safety First

- We are a nut free school due to some of our children having life threatening allergies. **No nuts or nut products such as Nutella or peanut butter are allowed.**
- Grapes and other round foods such as cherry tomatoes are a choking hazard and **must be cut in half.**

Thank you for helping to keep all our children safe.



### Packed lunches should include:

- A **starchy** food like bread, pasta, rice or potato
- **Protein** like meat, fish or hummus
- **Dairy** food (or alternative) like cheese or yoghurt
- **Fruit and vegetables**
- Water or a healthy drink like fruit juice or low sugar milkshake
- A **small** biscuit, cake or similar treat can be included as part of a balanced meal

*We would encourage parents to include a cool pack in the lunch box, particularly during the warmer months.*

### Examples:



### Packed lunches should not include:

- Fast food
- Chocolate bars, sweets or lollipops
- Fizzy drinks
- Whole grapes or other small round foods
- Family sized packs of crisps

### Examples:



### Advice

Packed lunches should provide a balanced diet over the week. Unhealthy popular choices such as crisps should be kept to a minimum, there are many healthier alternatives such as crackers, bread sticks or rice cakes.

Children are welcome to bring home-made lunches which could be sandwiches or a hot or cold dish such as pasta or rice. Hot food can be brought in a food flask, we are unable to heat packed lunch food at school.

*While we believe it is important for parents to have a choice in what they give to their child, if a lunch box is continually found to contain unsuitable and unhealthy food, we will first send this policy leaflet home then we may request a parent meeting to offer support.*

For more packed lunch ideas as well as general healthy eating suggestions visit:

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

<https://www.strong4life.com/en/feeding-and-nutrition/mealtimes/10-tasty-packed-lunch-ideas-for-school-aged-kids>

<https://www.bbcgoodfood.com/recipes/collection/school-lunch-recipes>