



Packed Lunches

Our belief is that a balanced healthy, nutritious diet is important for the development of a child's physical state, as well as for their intellectual abilities. Feeding the body with the proper nutrients helps fuel the mind to be more receptive to learning new skills – hence, **Feed the Body, Fuel the Mind!**

The school can provide information on healthy foods that should be included in packed lunches from home.

The following recommended guidelines for a child's packed lunch are set out by the British Nutrition Foundation:

A school packed lunch should:

Be based on starchy foods

This can include rice, pasta, bread, couscous, wraps, pitta, potatoes and chapatti and where possible try to choose wholegrain varieties, e.g. wholemeal bread and leave skins on potatoes.

Include plenty of fruit and vegetables

Include 1-2 portions in your child's lunch box and try to vary these throughout the week.

You could add sliced vegetables into a pasta dish or sandwich.

Supermarkets often have packs of chopped fresh fruits or individual packs of dried fruits. Keep some of these in the cupboard for those days when you don't have much time to prepare.

Top tip: Make your own individual bags of dried fruit - place a small handful of mixed dried fruits, into food bags or sealed containers to store in the cupboard; this will also keep the costs down!

Include a portion of beans, pulses, fish, eggs, meat, a dairy food and/or a non-dairy source of protein

Use beans, pulses, fish, eggs, meat and other sources of protein as sandwich fillings or in a pasta or rice salad.



If you're not including a dairy food in the main lunch item (e.g. in a salad or sandwich), add in a yogurt or some cheese such as a cheddar stick or cheese string to the lunch box.

If you're including a dairy alternative, e.g. soya yogurt or milk, choose varieties which are unsweetened and fortified with calcium.

Include a drink

Healthy options include water, semi-skimmed or 1% milk

You could also give your child fruit juice or smoothie – but remember, fruit juice and smoothies should be limited to a combined total of 150ml a day. You could always dilute fruit juice with still or sparkling water.

Top tip: Schools may not have fridge space available for children's packed lunches, so to keep your child packed lunch cool, freeze a drink to act as a cool pack and it will melt back in time for lunch!

We recommend an approach of '**All Things in Moderation**' as part of a healthy, balanced diet. For example, we do have occasional Treat Days, which will include a small portion of sweet goodies. This approach is regularly discussed with pupils.