

# Welcome to Putteridge Primary School, Packed Lunch Guidance leaflet



Our Packed lunch and snack guide has been created in consultation with SLT, Catering Team, the Government school food standards guidelines, and FSA guidance on Allergy awareness

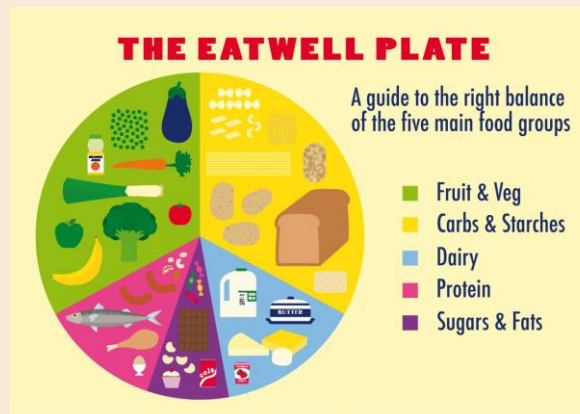
**As a Nut Aware school, to protect some members of our school community with severe allergies - we request that children do not bring food into school containing nuts in any form.**

## Why do we have guidance for packed lunches and snacks?

Eating a healthy well-balanced packed lunch 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 parent feedback and observations of children's packed lunches and other snacks, that found some less healthy choices can affect energy levels, concentration, behaviour, and health

Healthier packed lunches focus on the 4 main food groups of the Eatwell plate, foods in the small purple section should not be sent in to school to be eaten for lunch or snack times



## The aim of our guidance is..

To support and complement our efforts to become an awarded Healthy school.

We believe all children should eat a healthy lunch and so this guidance is to help packed lunches to be as healthy as our home cooked school meals which exceed the Governments school food nutritional standards

<http://www.schoolfoodplan.com/actions/school-food-standards/>

How we will support the policy-

1. We will ensure that free fresh drinking water is available at all times and strongly encourage water only policy. It isn't essential to include a drink with a packed lunch as water is provided
2. We can provide menu ideas and practical advice for healthy affordable packed lunches and snacks
3. We will reward pupils that bring healthy lunches and snacks with praise
4. We will allow pupils that bring in packed lunches and eat school lunch to sit and eat lunch together
5. We will ensure we will listen to our parent/carer and pupil views to ensure this policy is fair and meets everyone's needs
6. Our traffic light system is in line with the School food Standards for School Meals



# Love your packed lunch!



Create a healthier packed lunch by choosing foods from the 5 main food groups below:

## 1 Starchy Carbohydrates

to re-fuel your body

Base your lunchbox on starchy carbohydrates.

**Choose ONE EVERY DAY from:**

- ✓ Bread, rolls, bagels, wraps, pitta or baguettes
- ✓ Pasta
- ✓ Couscous
- ✓ Noodles
- ✓ Potatoes



Choose wholegrain



Use a thermos flask to keep pasta warm



Get kids involved in the healthy lunchmaking

## 2 Fruit and Vegetables

to keep you healthy

Pack one portion of fruit and one portion of veg every day

**Choose TWO EVERY DAY from:**

- ✓ Apple, banana, pear, orange, plums
- ✓ Small pot of mixed berries or grapes
- ✓ Prepared melon or mango
- ✓ Chopped vegetable sticks: carrots, cucumber, pepper, celery, mange tout, mini corn
- ✓ Salad vegetables
- ✓ Vegetable Soup



Add salad to your sandwich



Use a thermos flask for delicious soups

## 3 Dairy and Alternatives

for healthy teeth and bones

Don't forget the dairy!

**Choose ONE EVERY DAY from:**

- ✓ Milk
- ✓ Cheese - hard cheese, soft cheese, cheese spread
- ✓ Yoghurt or Fromage Frais
- ✓ Custard



Choose low sugar dairy products



Reduce sugar: choose plain yoghurt and have fruit on the side

## 4 Protein Foods

for growth and repair

Pack a protein punch!

**Choose ONE EVERY DAY from:**

- ✓ Meat
- ✓ Fish
- ✓ Eggs
- ✓ Non-dairy protein e.g. lentils, chick peas, beans



Keep processed meat to a minimum

Choose oily fish like salmon once every 3 weeks



## 5 Drinks

to rehydrate your body

- ✓ A large glass of water
- ✓ Semi skimmed milk - or skimmed milk for children over 5 years.
- ✓ 150ml of fresh unsweetened fruit juice/smoothie



Milk, water or 150ml juice

### Occasionally!

Meat products such as sausage rolls, pies, sausages  
Plain cakes/sponges and biscuits of appropriate portion sizes



Plain cakes occasionally

For more healthy packed lunch ideas and recipes visit [www.phunkyfoods.co.uk/recipes](http://www.phunkyfoods.co.uk/recipes)

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