

Healthy packed lunches



We have reviewed our packed lunch policy and here are our new guidelines from March 2024

We take our part in promoting the children's health very seriously.

A typical, healthy packed lunch could be a sandwich, pasta, wrap or plain rice cakes

(the recommended amount of bread for young children is 1 piece per meal

or 1 roll or 1 wrap)

Fruit

Yoghurt

As we are a Healthy School, at lunchtimes we offer water as a drink and milk and water are offered during session, drinks brought in from home are actively discouraged, the exemption to this would be for medical or sensory needs, see SEN policy (section 11).

We discourage sugary treats and chocolate in lunchboxes, children do bring in similar treats on birthday days when they are celebrating their birthday – these are sent home 1 per child at home time. Party days at the end of terms we do offer a small treat.

A healthy balanced diet for children aged one to four years is based on the four food groups listed below.

1) Potatoes, bread, rice, pasta and other starchy carbohydrates

(White or wholegrain bread, rolls, pitta bread or wraps. Chapattis. Plain naan bread. Bagels. Cooked pasta, rice, noodles, couscous or potato)

2) Fruit and vegetables

Carrot, cucumber, pepper or celery sticks. Lentils included in daal. Grated carrot in sandwiches or wraps. Fresh fruit

Dried fruit such as raisins or apricots

3) Beans, pulses, fish, eggs, meat and other proteins

Sliced meat, poultry or fish in sandwiches, rolls or wraps, or by itself. Sliced egg in sandwiches, rolls or wraps. Meat alternatives such as tofu in salads. Pulses such as kidney beans, chickpeas, lentils, as part of bean salads

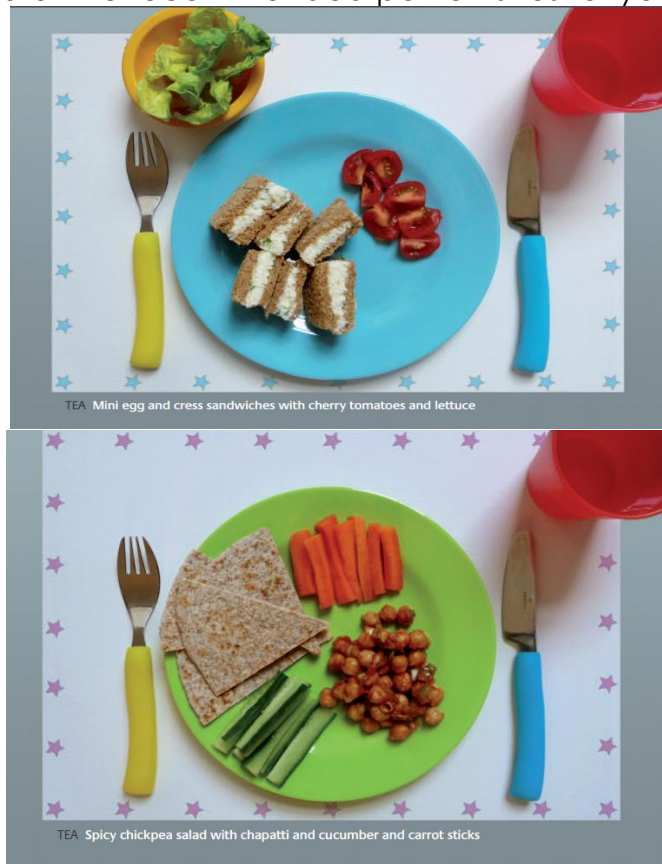
4) Dairy and alternatives

A pot of yoghurt or fromage frais. Cheese in sandwiches or wraps. Whole milk (for children aged one to two) or semi-skimmed (for children two and over) to drink.

Portion size

<https://cwt.org.uk/wp-content/uploads/2015/02/CHEW-1-4Tea.pdf>

In our research about children's eating we have found this useful booklet which has helped us think about the portion size of food which children need. We think as adults we tend to give children too much, partly to make sure they have choice or to encourage them to eat something but often it is far too much. These photos give an idea of the recommended portion sizes for young children.



- Over a fifth of children are either overweight or obese by the time they join Reception class in Primary School
- Type II diabetes, which usually appears in adulthood, is starting to be seen among some overweight children.
 - Dental health is poor in many young children.
- More than one in four young children in the UK may be at risk of iron deficiency.
- **Some children eat mainly foods that are low in energy, iron and vitamin A, and high in saturated fat, sugars and salt.**
- Many young children also eat fewer than the recommended five portions of fruit and vegetables each day.

Eat better start better

<https://www.foundationyears.org.uk/wp-content/uploads/2017/11/Eat-Better-Start-Better1.pdf>

Please send your child's lunch in named lunch bags.

Many thanks