

PACKED LUNCHES

Packed lunches prepared by the school caterers adhere to the National Nutritional Standards for Healthy School Lunches

The school encourages parents and carers to provide children with packed lunches that complement these standards. This is achieved by promoting healthy packed lunch options and advice is on the school website as set out below:

Preparing your child's lunchbox

A balanced packed lunch should contain:

- starchy foods – these are bread, rice, potatoes, pasta and others
- protein foods – including meat, fish, eggs, beans and others
- a dairy item – this could be cheese or a yoghurt
- vegetables or salad and a portion of fruit

Starchy foods are a good source of energy and should make up a third of the lunchbox. But don't let things get boring.

Instead of sandwiches, give your child bagels, pitta bread, wraps and baguettes. Use brown, wholemeal or seeded bread, not white bread.

Low fat options:

Children often like food they can eat with their fingers, so chop up raw veggies such as carrots or peppers and give them hummus or cottage cheese to dip the veggies in.

Breadsticks and wholemeal crackers are great finger foods that can be spread with low-fat soft cheese or eaten with reduced-fat cheddar and pickles.

Replace chocolate bars and cakes with fresh fruit. Vary the fruit each day and get them to try new things, such as kiwi or melon.

Unsalted nuts are a great snack food for children to have at home, but it's best to leave them out of your child's packed lunch –the school bans nuts to protect pupils with a nut allergy.

You could also make up a tasty fruit salad. Be inventive and encourage your children when they try something new.

Note that dried fruit is no longer recommended as a between-meal snack as it's high in sugar and can be bad for teeth.