

Southborough Primary School

**A Healthy
Packed
Lunch**

Knowledge through Nurture



At Southborough Primary School we aim to ensure that all packed lunches brought from home and consumed in school (or on school trips) provide the pupil with healthy and nutritious food that is similar to food served in schools, which is now regulated by national standards.

Involvement of parents/carers

Pupils are normally expected to eat the lunch provided by the school. However, parents of children wishing to have packed lunches for a particular reason are expected to provide their children with packed lunches which conform to the packed lunch policy. In turn, the school will keep the parents informed about food eaten in school and how we are ensuring that this provides a healthy and nutritious option for all children in our care.

We ask and expect parents to support us in this.


Remember for infants school dinners are free and nutritious.

What we will do:






- The school will provide facilities for pupils bringing in packed lunches and ensure that free, fresh drinking water is readily available at all times.
- The school will work with the pupils to provide attractive and appropriate dining room arrangements.
- The school will work with parents to ensure that packed lunches meet the standards listed below.
- As fridge space is not available in school, pupils are advised to bring packed lunches in insulated bags with freezer blocks where possible, to stop the food going off.
- Wherever possible the school will ensure that packed lunch pupils and school dinner pupils will be able to sit and eat together.

Packed lunches should include:

- ✓ at least one portion of fruit and one portion of vegetables every day.
- ✓ meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, houmous, and falafel) every day.
- ✓ oily fish, such as salmon, at least once every three weeks.
- ✓ a starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day.
- ✓ dairy food such as milk, cheese, yoghurt, fromage frais or custard everyday.
- ✓ only water or milk, (no flavoured or sweetened milk drinks).



WHAT MAKES A HEALTHY LUNCHBOX?

<p style="color: red; font-weight: bold; margin: 0;">FRUIT, VEGETABLES & FRUIT JUICES</p>  <p style="color: red; font-weight: bold; margin: 5px 0;">CHOOSE TWO</p> <ul style="list-style-type: none"> Salad in sandwiches Whole pieces of fruit/veg Fruit salad Vegetable sticks Packets of dried fruit Tinned fruit in 100% juice 	<p style="color: red; font-weight: bold; margin: 0;">MEAT, FISH & PROTEINS</p>  <p style="color: red; font-weight: bold; margin: 5px 0;">CHOOSE ONE</p> <ul style="list-style-type: none"> Lean ham Chicken Turkey Fish Hard boiled eggs Hummus Beans Chickpeas 	<p style="color: red; font-weight: bold; margin: 0;">MILK & DAIRY</p>  <p style="color: red; font-weight: bold; margin: 5px 0;">CHOOSE ONE</p> <ul style="list-style-type: none"> Carton semi skimmed milk Yoghurt smoothie Yoghurt or fromage frais 1 portion cheese 	<p style="color: red; font-weight: bold; margin: 0;">CARBOHYDRATES</p>  <p style="color: red; font-weight: bold; margin: 5px 0;">CHOOSE ONE</p> <ul style="list-style-type: none"> Different breads Crackers Rice Cakes Couscous Pasta Salad Rice Pizza Pitta Bread Tortillas/Chapatti
		<p style="color: red; font-weight: bold; margin: 0;">DRINKS</p> <p style="color: red; font-weight: bold; margin: 0;">CHOOSE ONE</p>  <p style="margin: 0;">Water Milk</p>	

Packed lunches should not include:

- ✗ snacks such as crisps. (Instead, seeds, vegetables and fruit - with no added salt, sugar or fat - savoury crackers or breadsticks served with fruit, vegetables or dairy food.) Crisps can be included on Fridays.
- ✗ confectionery such as chocolate bars, chocolate-coated biscuits and sweets. (Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal, only one portion per meal.)
- ✗ Meat products such as sausage rolls, individual pies, corned meat and sausages. (Chipolatas should be included only occasionally.)
- ✗ Nuts, or products containing nuts.

