



HEALTHY EATING

Packing a Great Lunch!



An information guide for parents

Food should be enjoyable and eating healthily is about getting the right balance of food in your diet. Foods should not be classified as good or bad and any food can be included in a healthy diet, it is the overall balance of nutrients in the diet that is important for health.

Lunch is an important meal for everyone, particularly children. But for many people, getting inspiration for what to include in a child's lunchbox can be a difficult task. This leaflet provides you with some helpful suggestions to make your child's lunchbox appetising and healthy.

Variety is one of the keys to eating healthily so try not to offer the same foods on consecutive days. By including a broad range of foods, a much wider variety of nutrients will be eaten. A healthier lunchbox is about getting a balance and eating a wide variety of foods.

At Pinner Park Primary School we encourage children to bring a healthy, balanced packed lunch to school. This is a really important part of the school day, and a healthy lunch sets the children up for a productive afternoon. In preparing this leaflet, we have drawn on advice from the Children's Food Trust.

We hope that you find this useful.

Packed lunches should include:

Starchy food. These foods provide carbohydrate to give your child energy for the afternoon. These include white or wholegrain bread, rolls, pitta bread or wraps, plain naan bread, bagels, cooked pasta, rice, noodles, couscous or potato as a salad.

Fruit and vegetables. These foods provide vitamins and minerals to help protect against illness. Please note that fruit based products and dried fruits are not a suitable alternative to 'whole' fruit. Products such as 'fruit flakes' or 'fruit winders' should not be considered as an alternative to fruit or vegetable.

Meat, fish, eggs, beans and other non-dairy sources of protein. These foods provide protein, iron and zinc to help your child grow. These include sliced meat, chicken, fish, sliced egg in sandwiches, rolls or wraps, meat alternatives such as tofu or pulses like kidney beans and chickpeas in salads.

Milk and dairy foods – these foods are a good source of calcium, for strong bones and teeth. These include yoghurt or fromage frais, cheese in sandwiches or wraps.

Drinks – we only allow water or milk (1%, semi-skimmed or skimmed) in school. Water is freely available. We do not allow squash, fizzy drinks, or flavoured water, even if labelled 'sugar free', 'no added sugar' or 'reduced sugar'. These can contribute to tooth decay and have little nutritional value.

Packed lunches can occasionally include:

- Meat products such as sausage rolls, individual pies, corned meat and sausages.
- Cakes and biscuits
- Snacks such as crisps should only be included very occasionally. Instead, include seeds, vegetables and fruit (with no added salt, sugar or fat).

We do not allow the following items in school:

- Confectionery such as chocolate bars and sweets.
- Nut based products – this helps us to manage the well being of children with serious allergies.
- Chocolate spread

Playtime Snacks:

We currently provide all our children in Reception and Years 1 and 2 with a piece of fruit or vegetable each day. Children in Years 3, 4, 5 and 6 are asked to bring in a fruit or vegetable snack to eat at playtime. We do not accept any alternatives to fruit or vegetable (we do not allow fruit based products such as fruit flakes, fruit winders or dried fruits). It is helpful to prepare the food to make it more manageable (for instance, providing slices of apple rather than a whole apple).

For further information, or if you have any questions:

**Contact us on 0208 863 2191 or
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