

GUIDANCE ON PACKED LUNCHES

The food that students eat as part of their packed lunch makes a valuable contribution towards getting the nutritional requirements they need to help them develop into a healthy adult and learn and concentrate in the classroom environment.

As a guideline, a packed lunch should include:

- A good portion of starchy food e.g. wholegrain/granary bap, thick sliced wholemeal bread, baguettes, ciabatta, crackers, chapatti, pitta pocket, rice cakes, wraps, bagels, crispbread, pasta or rice salad; plus e.g. flapjack or plain popcorn
NOTE: it is advisable to limit the amount of spread or dressing in sandwiches or rolls, or on salad
- Plenty of fruit and vegetables e.g. carrot sticks, cucumber batons, cherry tomatoes, small box of raisins, dried apricots or figs, fresh fruit
- A portion of semi-skimmed milk or dairy food e.g. a portion of cheese or a pot of yoghurt
- A portion of protein e.g. lean meat, fish or alternative e.g. ham, chicken, beef, tuna, egg (e.g. boiled) or hummus
- A drink e.g. fruit juice, semi-skimmed milk or a bottle of water

Make sure you are getting enough iron. Good sources of iron include wholegrain cereals, leafy green vegetables such as spinach and watercress, pulses, dried apricots or figs. Iron is more easily absorbed when eaten with foods containing Vitamin C.

NUTS FREE POLICY

The school operates a “nuts-free” policy, recognising that there are a number of students with moderate to severe nut allergies. No nuts are sold within school.

Parents and students bringing food on to the school site are encouraged to reflect this policy in order to avoid the possibility of those students who suffer from allergies being adversely affected.

PLEASE REMEMBER:

The school is following national policy on reducing sugar, fat and salt in the diet, and so the following items are not available at all within school:

- Highly processed foods
- Crisps and all types of confectionery
- Fizzy drinks

Parents and students are strongly encouraged to reflect these requirements in packed lunches and aim for balance and moderation.

Drinks

No fizzy drinks are sold on the school site, apart from carbonated water or fruit juice. We encourage students who bring their own lunch to enjoy healthier options such as water, fruit juice or squash.

Storage

Students carry their lunches with them. It is recommended that an insulated lunch box is used, particularly in summer.

Why not consider providing a part packed lunch supplemented with fresh salad, fruit or soup from the School Restaurant

FIVE-A-DAY!!

It is widely accepted that we should all be eating at least five portions of fruit and vegetables each day – a packed lunch should aim at providing at least two portions e.g. a fruit juice drink, fresh fruit or a portion of salad.

USEFUL WEBSITES – search on packed lunches!

www.schoolfoodtrust.org.uk - some great ideas on fillings

www.food.gov.uk – a four week cycle of packed lunches

FOR MORE INFORMATION PLEASE CONTACT THE CATERING MANAGER