



Healthy Eating and
Lunchbox Guidance





Healthy Eating and Lunchbox Guidance

Holland Park Primary School recognises that our pupils come from diverse backgrounds and aims to meet the needs of all pupils and ensure equality and equity of provision whilst taking account of this diversity and difference. We also recognise that some children are 'fussy' eaters and that it is a major step to get some children to eat anything at all. We would encourage parents/carers to let us know if this is the case so that we can deal with such children sensitively and with encouragement and praise for what they have eaten.

We will provide a safe, healthy and appealing eating environment for pupils and ensure fresh drinking water is available at all times. We will encourage all pupils to eat and drink as much of their morning snack or lunch as possible. As fridge space is not available in school, parents/carers are advised to send in packed lunches in a cool bag or food that does not require refrigeration.

Aim

The aim of this guidance is to encourage and educate all pupils in school about healthy eating choices by providing guidance to parents/carers so that all food and drinks brought from home, consumed at school or on school trips contributes to providing pupils with a balanced, healthy and nutritious diet.

We recognise that it is not our remit to tell parents what they can and cannot feed their children, and no foods will be banned (other than confectionery and fizzy drinks which are not meal time foods). However, we hope that all parents/carers wish to secure their children's health and equip them for independent living in the future when they will make their own choices about healthy lifestyles. On that basis we anticipate all parents/carers will support this guidance.

Healthy Schools Award

As a proud holder of the Healthy Schools Award we are committed to ensuring that our pupils are as healthy as possible. As such it is important that all pupils, staff, parents and governors are involved and able to discuss food provision on a regular basis. We also want our pupils to see themselves as ambassadors for healthy food when speaking to others.

We want to ensure that all packed lunches brought from home and eaten in our school provide pupils with healthy and nutritious food that is equal to that served to those pupils having a school prepared lunch, as these meals are regulated by national standards.

To whom this guidance applies

This guidance applies to all pupils and parents/carers providing packed lunches to be eaten on school premises or on school visits or at a sporting event or competition. It also applies to staff eating food brought from home within school or on a school trip in the presence of pupils.



Healthy Eating and Lunchbox Guidance

The following guidelines for snack and lunchbox contents may help parents and ensure health and equality for all children.

Packed lunches may include:

- At least one portion of fruit and or vegetable (this could include dried fruit)
- Meat, fish or other source of non-dairy protein (e.g. lentils, chick peas, hummus)
- A sandwich that includes a savoury filling (e.g. egg, tuna, cheese, cooked meat)
- A starchy food such as bread, pasta, rice, noodles, cous cous
- Dairy food such as cheese, yogurt, fromage frais
- A smoothie or yogurt drink
- A bottle of water
- A biscuit not coated in chocolate or an alternative to chocolate bars including small cakes or flapjack
- Crisps (baked or other lower fat options if possible) or other such snack such as seeds, savoury crackers, savoury popcorn etc.
- Eating utensils if necessary

Packed lunches should avoid:

- Confectionary such as chocolate bars, chocolate coated biscuits and sweets.
- Sausage rolls and pies which should only be included occasionally.
- Fizzy drinks or drinks with added sugar or sweeteners

Nuts and nut products (e.g. peanut butter, nutella) should never be sent to school because of allergy concerns. Children are not allowed to share food items for this same reason.

Snack Time

Early Years and Key Stage 1 –

We will provide fresh, healthy snack for all children each day.

Key Stage 2 –

All KS2 pupils have the opportunity to bring a healthy snack from home or purchase a fresh, healthy snack. Suggested snacks from home may include:

- Fruit
- Vegetable sticks
- Seeds
- Hummus

Please note that chocolate, sweets, cereal bars or fruit bars should NOT be sent to school as they are high in sugar.

Waste

Waste containers will be provided for rubbish, but pupils are encouraged to take uneaten food home so that parents/carers are aware of what their child has/has not eaten.



Healthy Eating and Lunchbox Guidance

Monitoring and Review

On a daily basis, staff in school will see what pupils have in their lunchboxes as a matter of course as they are supervising the dinner halls. This is an opportunity for them to talk with the pupils about their lunchboxes and to encourage healthy eating and drinking. ***At no time will a child be made to feel ashamed of their lunchbox contents.*** However, any concerns over the content of a pupil's lunchbox will be shared with parents/carers and we may send reminders of this guidance where we feel it is appropriate.

Healthy Eating and Lunchbox Guidance

Lunchbox Tips



Keep them fuller for longer

Base the lunchbox on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.



Mix your slices

If your child doesn't like wholegrain, try making a sandwich from one slice of white bread and one slice of wholemeal/brown bread.



Freeze your bread

Keep a small selection of bread in the freezer. Make lunchboxes more interesting by using different shapes, like bagels, pittas and wraps, and different types of bread, such as granary, wholemeal and multi-grain.



DIY lunches

Wraps and pots of fillings can be more exciting for kids when they get to put them together. Dipping foods are also fun and make a change from a sandwich each day.



Less spread

Cut down on the spread used and try to avoid using mayonnaise in sandwiches.



Cut back on fat

Pick lower fat sandwich fillings, such as lean meats (including chicken or turkey), fish (such as tuna or salmon), reduced-fat cream cheese, and reduced-fat hard cheese.



Ever green

Always add salad to sandwiches – it all counts towards your child's 5 A DAY.



Always add veg

Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A DAY. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.



Cut down on crisps

If your child really likes their crisps try reducing the number of times you include them in their lunchbox and swap for homemade plain popcorn or plain rice cakes instead.



Add bite-size fruit

Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown.



Tinned fruit counts

A small pot of tinned fruit in juice – not syrup – is perfect for their lunchbox and is easily stored in the cupboard.



Swap the fruit bars

Dried fruit such as raisins, sultanas and dried apricots are not only cheaper than processed fruit bars and snacks but can be healthier too. Remember to keep dried fruit to mealtimes as it can be bad for your child's teeth.



Healthy Eating and Lunchbox Guidance



Watch the teeth!

Dried fruit counts towards your 5 A Day, but can stick to teeth so should only be eaten at mealtimes to reduce the risk of tooth decay.



Swap the sweets

Swap cakes, chocolate, cereal bars and biscuits for malt loaf, fruited teacakes, fruit breads or fruit (fresh, dried or tinned – in juice not syrup).



Go low fat and lower sugar

Go for low-fat and lower sugar yoghurt or fromage frais and add your own fruit.



Check your cheese

Cheese can be high in fat and salt so choose stronger-tasting ones – and use less of it – or try reduced-fat varieties of cheese.



Get them involved

Get your kids involved in preparing and choosing what goes in their lunchbox. They are more likely to eat it if they helped make it.



Variety is the spice of lunchboxes!

Be adventurous and get creative to mix up what goes in their lunchbox.

www.nhs.uk/change4life/recipes/healthier-lunchboxes