

Dear Parents/Carers

We recently met with our Healthy Schools' Officer to discuss the School Food Standards and the recommendations for packed lunches and snacks at morning break. We received the following advice:



Morning Break

Yes	Fruit Yoghurt Bread products such as teacake, toast, crumpet, fruit bread, malt bread and toast
No	Nuts – we have children with allergies Cereal bars – these are extremely high in sugar/carbohydrates. A cereal bar can however be eaten at lunchtime Chocolate Bread products cooked in oil or coated in sugar eg doughnut

Healthy Lunch Boxes

If your child is on sandwiches, you will find overleaf information on what could be included to ensure that your child has a healthy lunch box. We hope you find it useful.

Lunch boxes should include:	Starchy food - wholegrain roll, wrap, pizza, couscous, noodle or pasta salad Protein - lean meat (beef, ham, pork, etc), tuna and egg Fruit and veg - lots of this! Example: fruit salad or box of raisins Dairy products - portion of either yogurt, semi skimmed milk A bottle of water
In line with our Healthy Schools' policy, please try to ensure:	NO nuts – we have children with allergies (we are a nut free school) NO sweets or chocolate (rolls with a thin covering are acceptable) Crisps and similar products recommended only once or twice a week (limited due to salt content) NO fizzy drinks - water, milk and unsweetened fruit juice are recommended

Why aren't processed fruit bars allowed, especially as they can provide one of your 5-a-day?

Processed fruit bars are classed as confectionery, so cannot be provided in schools at any time of the day (this includes fruit winders and similar products). Sugar released from the fruit can do more damage to children's teeth than plain dried fruit.

Fruit bars made from compacted dried fruit (where the outline of the fruit is clearly visible) are permitted in schools but it is recommended they are provided at lunchtimes only to help protect children's teeth.

Useful Links:

<https://www.nutrition.org.uk/>

www.childrensfoodtrust.org.uk/



Packed Lunches

School meals are a great choice for your child, but if you choose to make a packed lunch for them instead here are some tips for preparing a healthier lunchbox.

Preparing your child's lunchbox.

A healthier lunchbox should:

- be based on [starchy carbohydrates](#) (bread, potatoes, rice, pasta)
- include fresh fruit and vegetables/salad
- include a source of protein such as [beans and pulses](#), eggs, fish, meat, cheese (or dairy alternative)
- include a side dish such as a low-fat and lower-sugar yoghurt (or dairy alternative), tea cake, fruit bread, plain rice/corn cakes, homemade plain popcorn, sugar-free jelly
- include a drink such as water, skimmed or semi-skimmed milk, sugar-free or no-added-sugar drinks

The [Eatwell Guide](#) shows you how to have a healthy balanced diet and can help you decide what to put in your child's lunchbox.

Healthier breaktime snacks

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.

Try chopped apple, 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 them from going brown.

Breadsticks and wholemeal crackers are great finger foods. Try spreading low-fat soft cheese on them.

Swap cakes, chocolate, cereal bars and biscuits with malt loaf, tea cakes, fruit breads or fruit. Fruit can be fresh or canned (in juice, not syrup).

Dried fruit is not recommended as a snack between meals as it's high in sugar and can be bad for teeth, but it's OK when eaten as part of a meal.



Here are more ideas for [healthy food swaps](#).

Making lunchboxes healthier

It may take a while for your child to get used to a healthier lunchbox but keep trying. These tips may help:

- Get your children involved in preparing and choosing what goes in their lunchbox. They're more likely to eat it if they helped prepare it.
- Get ideas on [how to introduce more fruit and veg into your family's diet](#).
- Read supermarket [food labels](#) to help you buy healthier foods for your child's lunch and family mealtimes.

More information is available on the Children's Food Trust website. Please follow the link below:

www.childrensfoodtrust.org.uk/childrens-food-trust/parents/your-childs-food-at-school/packed-lunches/

