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St. Mary's Catholic Primary School

Healthy Packed Lunch

A booklet to support our policy

Eating healthily is important because it will help children to:

- Be fitter, stronger
- Be able to combat illness now and later in life.
- Improve concentration and behave better.

Aim

To make sure that pupils who bring a packed lunch to eat in school, and on school trips, have food which is just as healthy and nutritious as the food served in school lunches.

Why do we need a policy?

The government has placed a duty on schools to promote healthy eating and has invested heavily in improving school meals and providing free fruit. **The School Food Trust** encourages healthy eating and recommends that schools have a policy.

According to the **Children's food trust**, *'Currently pupils who bring packed lunches typically have a higher average intake of sugar, fat, saturated fat and salt than those taking a school lunch.'*

The Policy

The school will :

- Ensure facilities are available which provide fresh drinking water for pupils bringing packed lunches.
- Provide an appropriate dining area for the pupils to eat their packed lunches.
- Work with parents to assist them when making choices for their child's packed lunch.
- Work with pupils to develop their own understanding of healthy food and balanced diets through the curriculum.

Parents will need to :

- Provide a suitable clean container which their children can eat their packed lunch from. A named, plastic box with a removable lid is ideal. On school trips a clean carrier bag, would be more convenient.
- Ensure their children understands that they must only eat their own food and not other pupils'.

Ideas for Packed Lunches

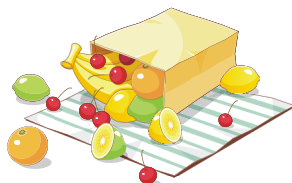
- Try to vary the contents of a lunch box daily. That way you can ensure your child is getting the variety of nutrients their bodies need to be fit and grow.
- If possible involve your child in preparing their lunchbox. They are more likely to eat and enjoy the food they have prepared themselves.
- If your child says they do not like brown bread try a lighter or mixed white/brown blend or a slice of white and a slice of brown.
- Try to add a little bit of salad to a sandwich. To avoid soggy sandwiches, dry the salad before you add it or put it in a separate bag/container for the child to add it at school.
- If a salad dressing is being added ensure it is a lower fat variety.
- Add rice or pasta to a salad for the main course instead of making sandwiches.

You can find many suggestions for packed lunch ideas online.

http://kidshealth.org/kid/stay_healthy/food/labels.html

<http://nutritiondata.self.com/>

<http://www.nhs.uk/Livewell/childhealth6-15>



The Do's

Please ensure your child brings a drink to accompany their packed lunch. Drinks suitable for a healthy packed lunch are; water, milk, fresh fruit juice and squash.



Try to include something in their packed lunch from each food group.

The Don'ts

- No nuts or anything containing nuts, including peanut butter.
- No chocolate.
- No sweets.
- No fizzy drinks.

Example of a Balanced Packed Lunch

Monday

Ham roll
Banana
Baked Crisps
Yoghurt

Tuesday

Pot of pasta
Apple
Cucumber sticks
Fromage frais

Wednesday

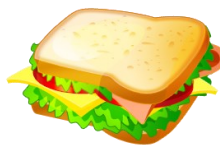
Cheese sandwich
Orange
Cherry tomatoes
Cheese strings

Thursday

Chicken Wrap/pitta
Grapes
Baked Crisps
Rice pudding

Friday

Tuna roll
Raisins
Yoghurt
Strawberries



You can see on the opposite page what nutrients have gone into this plan. Feel free to add, change or mix and match all the foods from each food group.

Basic Food Groups to Include

Starchy foods

Base each meal on starchy food, such as bread, potato, rice, pasta or yam. Starchy foods give energy, fibre, vitamins and minerals.

Starchy foods



*ADAM

Whole grain varieties are best for a healthy digestion. Baked crisps are healthier than fried crisps.

Proteins

Add some protein for example meat, fish, eggs, beans or pulses. Protein helps build muscles and provide minerals.

Proteins



*ADAM

Non processed and leaner varieties are much healthier.

Milk and Dairy

Include a dairy product such as fromage frais, yoghurt or cheese. These foods provide calcium, protein and vitamins.



Lower fat varieties are healthier. There are lots of non-dairy alternatives like soya.

Fruit and vegetables

Add at least one portion of fruit and veg in every packed lunch. Include fruit and vegetables. You can use fresh, frozen, tinned or dried.

5 A Day



The EASY Way

Fruit and veg are full of minerals, vitamins and fibre. They are necessary for the body to function properly. They keep people strong and healthy.