

| Packed Lunch Guidance Recommendations – Foods Recommended | |
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| <p>In every school packed lunch, based on the national standards for school meals and the Eatwell Plate, a healthy packed lunch should be made up of the following food groups.</p> | |
| <p>Fruit and vegetable food group</p> | <ul style="list-style-type: none"> • One portion of vegetables e.g. vegetable sticks such as carrots, peppers or cucumbers or lettuce. • One portion of fruit e.g. fresh fruit such as bananas, apples or canned fruits in fruit juice or dried fruits such as raisins or apricots. |
| <p>Breads, rice, potatoes, pasta and other starchy foods</p> | <p>Your child's packed lunch should include at least one portion from this food group, for example:</p> <ul style="list-style-type: none"> • Sandwiches made with a variety of breads such as pita, bagels, wraps, chapatti, roti, and rolls (offer a mix of wholegrain, brown and white varieties). • Salads made with pasta, rice, couscous, noodles or potatoes. |
| <p>Milk and dairy foods</p> | <p>Choose at least one portion from this food group, for example:</p> <ul style="list-style-type: none"> • Low fat yoghurt, custard or fromage frais, cheese, semi skimmed milk. • Soya products that have added calcium. |
| <p>Meat, fish, eggs, beans and other non dairy sources of protein</p> | <p>Choose at least one portion from this food group, for example:</p> <ul style="list-style-type: none"> • Meat, chicken, fish and eggs. • Beans such as chickpeas, kidney, haricot or lentils. |
| <p>A healthy drink</p> | <p>Water is provided by school.</p> |
| <p>Treats</p> | <p>One portion per day is permitted:</p> <ul style="list-style-type: none"> • Plain / dried fruit biscuit • Plain / dried fruit sponge / cake • Flapjack • Low sugar / fat cereal bar, e.g. Alpen • Low sugar jelly |

| Packed Lunch Guidance Foods / Drinks Not Allowed | |
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| Foods / Drinks high in fat and or sugar | <p>The following foods and drinks are not allowed as part of a healthy packed lunch:</p> <ul style="list-style-type: none"> • Crisps, fried food (chicken & chips) or takeaways. • Cereal bars, cakes, biscuits, muffins, and doughnuts and other foods containing fat and sugar. • Juice drinks, sports drinks and flavoured waters. • Confectionary such as chocolate bars, chocolate coated biscuits and sweets. |
| Occasional treats (once per 3 weeks) | <p>Chocolate biscuit / cake</p> <p>Chilled pudding, e.g. mousse, rice pudding, chocolate yoghurt, corner yoghurt etc.</p> |
| <p>Irthington Village School will monitor the packed lunches in the following ways:</p> <ul style="list-style-type: none"> • Incentives will be given to the children with balanced packed lunches. • Packed Lunches regularly containing food and drinks not recommended will be recorded and a slip will be sent home to parent's outlining which foods are not recommended. • Foods which cannot be brought into school will be taken away and returned to your child at the end of the day. | |

Remember:

- Try to offer a variety of foods, this is important as it exposes your child to new tastes, flavours and offers a good mix of nutrients.
- If your child does not like the food or drink the first time, don't despair as it can take up to 15 times before a child accepts new tastes.
- Keep lunch boxes in a cool place in hot weather.