

## Appendix 1: Leigh St Peter's Healthy Packed Lunch Policy

### Overall aim of the policy:

To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide pupils with healthy and nutritious food that is similar in quality to food served in schools, which is required to meet national standards.

<p style="text-align: center;"></p> <p style="text-align: center;"><b>Packed lunches should include:</b></p> <ul style="list-style-type: none"><li>⇒ A starchy food like bread, pasta, rice or potato</li><li>⇒ Protein like meat, fish or hummus</li><li>⇒ Dairy food (or alternative) like cheese or yoghurt</li><li>⇒ Fruit and vegetables</li><li>⇒ Water or a healthy drink like fruit juice or low sugar milkshake</li><li>⇒ A small biscuit or cake can be included as part of a balanced meal</li></ul> <p>We would encourage parents to include a cool pack in the lunch box, particularly during the warmer months.</p>	<p>Examples:</p> 
<p style="text-align: center;"></p> <p style="text-align: center;"><b>Packed lunches should not include:</b></p> <ul style="list-style-type: none"><li>⇒ Chocolate bars, sweets, or lollipops</li><li>⇒ Fizzy drinks</li><li>⇒ Snacks high in fat such as crisps (swap these with healthier snacks such as crackers or rice cakes)</li></ul>	<p>Examples:</p> 

A small treat is allowed on a Friday.

While we believe it is important for parents to have a choice in what they give to their child, if a lunch box is continually found to contain unsuitable and unhealthy food, we will first send a leaflet home with ideas, then we may request a parent meeting with a Senior Leader to discuss this matter.

For more packed lunch ideas as well as general healthy eating suggestions visit:  
<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

## Appendix 2: Government Packed Lunch Guidance

The UK government produced packed lunch guidance to support the implementation of school food standards for school lunches and ensure that all children benefit from eating quality food during the school day.

### *The guidelines are:*

- One portion of fruit and one portion of vegetable or salad every day to be included in packed lunches.
- Fish or another source of non-dairy protein should be included every day. Non-dairy sources of protein include lentils, kidney beans, chickpeas, hummus, peanut butter and falafel.
- An oily fish, such as salmon, should be included at least once every three weeks.
- A starchy food, such as bread or pasta, rice, couscous, noodles, potatoes or other cereals, should be included every day.
- A dairy food, such as semi-skimmed or skimmed milk, cheese, yoghurt, fromage-frais or custard should be included every day.
- Free, fresh drinking water should be available at all times.
- Include only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.
- Snacks such as crisps should not be included. Instead, include seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.
- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets should not be included. Cakes and biscuits are allowed but these should be part of a balanced meal.

