

Packed Lunch Guidance Recommendations – Foods Recommended

Packed Lunch should be based on the national standards for school meals and the Eatwell Guide; a healthy packed lunch should be made up of the following food groups.

Fruit and vegetable food group



Choose at least **one portion** from this food group

- **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.
- **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.

Breads, rice, potatoes, pasta and other starchy foods



Your child's packed lunch should include at least **one portion** from this food group, for example:

- 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.

Milk and dairy foods



Choose at least **one portion** from this food group, for example:

- Low fat yoghurt, custard or fromage frais, cheese, semi skimmed milk.
- Soya products that have added calcium.

Meat, fish, eggs, beans and other non-dairy sources of protein



Choose at least **one portion** from this food group, for example:

- Meat, chicken, fish and eggs.
- Beans such as chickpeas, kidney, haricot or lentils.

A healthy drink



A healthy drink should be included, such as water or semi-skimmed milk.

**Juice drinks and flavoured waters are not recommended.*

Packed Lunch Guidance Foods / Drinks Not Recommended

Foods / Drinks high in fat and or sugar



The following foods and drinks are **not** recommended as part of a healthy packed lunch:

- 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.



The following foods and drinks **cannot** be brought into school for health and safety reasons:

- Peanuts
- Chocolate spread
- Peanut butter
- Foods and snacks which contain any type of nut
- Sesame seeds
- Fizzy drinks and energy drinks.

Our school monitors the packed lunches in the following ways:

- Incentives can 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 outline 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.