



## Healthy Lunchbox and Snack Guide

At Thorpedene Primary School we aim to educate our children with the skills, knowledge and understanding to enable them to make informed healthy lifestyle choices. To do that effectively we need to work in partnership with parents and carers in securing the best for every child.

### Aims

- To ensure children have a suitable midday meal that sustains and prepares them for the afternoon learning.
- To provide a safe, healthy and appealing eating environment for pupils bringing in packed lunches and ensure that free, fresh drinking water is available at all times.
- To help children develop an understanding of healthy eating.
- To promote the School Food Trust guidelines and National Standards for healthier eating.
- To support parents and carers in providing a healthy packed lunch that meets the same standards as food provided in school dinners and abide by the regulations of the British Nutrition Foundation.

### Guidelines

The following guidelines for lunchbox contents comes from the statutory guidelines for school provided meals. This ensures equality of entitlement for all children.

### The recommended contents of a healthy lunch box are:

- A good portion of starchy food e.g. bread, crackers, pasta or rice salad.
- Plenty of fruit and vegetables e.g. an apple, orange, banana, carrot sticks, small box of raisins or any other fruit or vegetable.
- A portion of milk or dairy food e.g. yoghurt.
- A drink e.g. a small carton of milk, juice, or a bottle of water.
- One small biscuit or cake e.g. penguin, club, cake bar, small fairy cake etc. – this is equivalent to a school meal dessert

### Packed lunches should not include:

- Chocolate bars, or sweets
- Fizzy drinks.

### Healthy Snacks

All children in Reception and KS1 receive a free piece of fruit or vegetable everyday as part of the Government's School Fruit and Vegetable Scheme.

As children move up into KS2, if they wish to have a break time snack, they may bring in something from home.

Healthy snacks can include:-

- Fruit
- Vegetables
- Cereal bars (without chocolate or nuts)
- Crackers/bread roll/breadsticks
- Rice Cakes

Some cereal bars and breakfast biscuits have very high sugar levels, so please try and choose healthier options where possible.

**PLEASE DO NOT SEND YOUR CHILD WITH CRISPS, CHOCOLATE BARS OR SWEETS**

### **Communication of the Healthy Lunchbox and Snack Guide:**

The guide will be available on the school's website and school app for mobile devices. The guide will be shared regularly with children through PSHE and Science lessons as well as assemblies.

The school will use opportunities such as new parents meetings and Healthy Lifestyle events to promote these guidelines as part of a whole school approach to healthier eating.

All school staff, including, teaching, pastoral, midday and catering staff, will be informed of this guide and will support its implementation.

*Please note Thorpedene is a nut free school, so please ensure that children do not bring any nuts, nut products or spreads that may contain nuts, (eg Nutella, chocolate spread, peanut butter) into school.*

### **Monitoring and evaluation of the Healthy Lunchbox and Snack Guide:**

We fully respect individual parents' food choices for their children and understand that there are many different needs and tastes. However, if lunchbox contents and/or KS2 snacks regularly fall short of the expectations in this guide, we will communicate this to parents.

We want to work with parents to educate our children about healthy dietary choices so that the children, through the understanding of a balanced diet, will develop a greater appreciation of a healthy lifestyle.

