

## Packed Lunch Guidance

Children's packed lunches should reflect the 5 main food groups.

**Bread, Rice, Potatoes, Pasta**, these starchy foods are a healthy source of energy, packed lunches should include 2 or more portions. Examples of these could be-

- sandwiches made with sliced bread, pitta bread, wraps, chapattis or bread rolls
- a scone or currant bun
- a bagel
- pasta, couscous or rice

**Fruit and Vegetables** (provide vitamins, minerals and fibre), lunches should include at least 1 portion of fruit and 1 portion of vegetables / salad, or more. examples of these could be-

- carrot/cucumber sticks, celery, sliced peppers etc
- a piece of fruit-apple, orange, banana, pear, kiwi, plum etc
- grapes- these must be cut length ways to reduce the risk of choking
- dried fruit- raisins (after 12 months of age), apricots etc
- fruit salad

**Milk and Dairy foods** (provide calcium for healthy bones and teeth) include 1 portion at lunch, examples of these could be-

- a pot of yoghurt, custard or rice pudding
- piece of cheese (match box sized)
- 2 triangles of spreadable cheese (this could be included in the sandwich)

**Meat, Fish, Eggs, Beans** (provide protein for growth) packed lunches should include 1 portion of these foods.

Examples of these could be- (these could be included in the sandwich)

- Slices of cooked meat
- Slices of chicken or turkey breast
- Hard boiled egg
- Tuna, salmon, mackerel or sardines
- Hummus

**Foods and drinks high in fat and / or sugar** - It is important not to fill up on too many foods that are high in fat and / or sugar at the expense of other more nutritious foods. Limiting high fat and sugar foods will help protect young people from becoming overweight as well as helping prevent tooth decay, heart disease, stroke, and diabetes.

**Crisps and crackers** - Children are able to bring a bag of crisps or crackers; however, these should be baked rather than fried as they are a healthier option. Please check on packaging as it will tell you if they are baked.

**To ensure consistency and to keep packed lunches in line with the Nutrition Guidance packed lunches should not contain the following:**

- **Fizzy / sugary drinks in cartons, bottles or cans**
- **Sweets / confectionary, chocolate mousse, split pot yoghurts with confectionary items such as smarties**
- **Any nut products (including chocolate spreads containing nuts)**

**Where possible packed lunches should avoid:**

- **Cereal bars**
- **Fruit bars**
- **Chocolate spread as a filling for sandwiches**
- **Sugared / toffee and salted popcorn**

Please see the NHS website for healthy lunch ideas [Lunchbox ideas and recipes – Healthier Families - NHS](#)

We recognise that some children require specific diets, if you have worries or concerns around what your child will eat please speak to a member of staff or take a look at our Nutrition, Healthy Eating and Safer Eating Policy for more advice.