



## Christopher Pickering Primary School Packed Lunch Guidance

This guidance was drawn up using a range of national documents including information and a draft policy from the School Food Trust, the Food in Schools Toolkit, Action for Children, Change 4 Life and the Health Education Partnership.

### More healthy packed lunch ideas

Name: \_\_\_\_\_  
Class: \_\_\_\_\_

Each day a healthy packed lunch should include:

|  |   |
|--|---|
|  <p><b>A portion of starchy food</b></p> <p>White or wholegrain bread, rolls, pitta bread or wraps, plain naan bread, bagels, cooked pasta, rice, noodles, couscous or potato as a salad.</p>  |  <p><b>At least one portion of fruit and/or vegetable</b></p> <p>Fresh, frozen, canned or dried, these can all count towards 5-A-DAY.</p> <p><b>Vegetables:</b> carrot, cucumber, pepper or celery sticks, tomatoes, grated carrot in sandwiches or wraps, sweetcorn, peas or pulses in salad.</p> <p><b>Fruits:</b> sliced apple or melon, plums, grapes, strawberries, kiwi, satsumas, chunks of pineapple, or dried fruit.</p> |
|  <p><b>A portion of beans, pulses, fish, eggs, meat and other proteins</b></p> <p>Sliced meat, chicken, fish, sliced egg in sandwiches, rolls or wraps, meat alternatives such as tofu or pulses like kidney beans and chickpeas in salads.</p> |  <p><b>A portion of milk or dairy foods</b></p> <p>Yoghurt or fromage frais, cheese in sandwiches or wraps, whole milk (for children aged one to two) or semi-skimmed (for children aged two and over).</p>  |

Remember:

- To make sure school is informed of any intolerances or allergies.
- 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.



**A drink** – to help with hydration and concentration.

- ✔ **Water** – is the best choice.
- ✔ **Milk** – use whole milk (for children aged one to two) or semi-skimmed (for children aged two and over).
- ✔ **Avoid** fruit juice (even diluted fruit juice).
- ✔ **Avoid** squash, fizzy drinks, and flavoured water even if labelled 'sugar free', 'no added sugar' or 'reduced sugar'. These can contribute to tooth decay and have little nutritional value.

**Desserts, cakes, biscuits and crisps:** these foods are high in saturated fat, sugar and salt – too much of these foods can be harmful to health.

- ✔ Try to make desserts, puddings and cakes with fruit or milk, such as a yoghurt and fruit, or rice pudding.
- ✔ Limit confectionery such as chocolate, sweets or cereal bars to help protect your child's teeth.
- ✔ Avoid salty snacks such as crisps. Replace with plain breadsticks.



The following foods and drinks must NOT be brought into school for health and safety reasons:

- Fizzy drinks
- Energy drinks
- Chewing gum
- Sweets
- Nuts
- Grapes (unless cut in half)

COVID 19:

- Please make sure your child is able to access their lunch items independently where possible.

Hot Dinners:

- Why not try a school lunch. All of our school meals are cooked on the school site and there are lots of options to suit most tastes and all dietary requirements. This could save you on average £400 a year.
- All children in F2, Year 1 and Year 2 are entitled to a free hot meal every day.
- Currently, a hot meal in KS2 costs £1.50 per day. Although, you may be entitled to a free meal please apply on the Hull City Council website – just search for 'free school meals.' Or ask for a form in Reception.