



21st October 2016

Dear Parents/Carers

HELPING CHILDREN MAKE HEALTHY CHOICES.....

As you are aware, healthy eating combined with a healthy lifestyle is an important part of all our lives. It is important that we all recognise our role in supporting children and young people to make the right choices that affect their future health and happiness.

After the success of our daily run initiative, to promote and encourage healthier living, this week our hugely successful WOW days have been based around the theme of healthy lifestyles and eating. As part of the WOW days there have been lots of activities based around healthy eating in fact, the children have been investigating how we can improve packed lunches at school and how we can promote healthy choices. The hope is that all our pupils, whether on school meals or packed lunches, will have equally healthy food to support health and learning.

We are seeking your help to achieve healthy lunches for all of our pupils.

School meals in school have to meet the School Food Standards to ensure they are healthy and nutritious. Food brought in from home is often not as healthy.

A healthy packed lunch should contain....

- One portion of fruit and one portion of vegetables
- A type of carbohydrate or starchy food (preferably wholegrain)
- A type of milk and dairy food
- A source of protein
- A healthy drink such as water
- A treat occasionally

In order to ensure that packed lunches are tasty and nutritious, children and staff have devised a red, amber and green scheme, details of which are attached.

After the half term break lunchtime staff will be monitoring lunch boxes. Children will not be allowed to eat food in the red category, this food will be sent home.

Playtime Snacks

After half term only the following items will be allowed for playtime snacks:-

- Fruit – fresh or dried
- Vegetables

No crisps, chocolate bars, cereal bars, mini sausages, cheese strings, etc. If any food other than fruit or vegetables is brought into school as a playtime snack, children will not be allowed to eat it, the food will be sent home with the child.

For the scheme to work we really need the support of parents/carers, so your feedback and comments are welcomed.

Have a lovely half term break and I look forward to seeing you all in November.

Yours sincerely

Mr R Clarke
Head Teacher

Packed Lunch Guidelines

Eating a healthy packed lunch or school meal is important to help children stay healthy, feel good and improve their ability to learn.

Green Foods – you can put these in a packed lunch every day or as often as you like.

Remember.....think about the portion size.

- 1 portion of fruit AND 1 portion of vegetables – this could include fresh, tinned or dried fruit.
- A type of starchy food such as bread, pasta, pittas, bagels, wraps etc. Try to include wholegrain varieties.
- Meat, fish or other sources of non-dairy protein (lentils, kidney beans, quorn, chickpeas, houmous, eggs).
- Dairy food such as milk, cheese yoghurt or fromage frais.
- Oily fish such as salmon or sardines at least one every three weeks (tinned tuna does not count, as the Omega-3 is destroyed in the canning process).
- Water

Amber Foods – these types of foods could be introduced occasionally as part of a balanced packed lunch.

- Crisps
- Cereal bars, chocolate biscuits cakes, bread sticks, scones, tea cakes, flapjacks
- Processed meat products such as sausage rolls, pies, corned beef, pasties, pepperami or sausages.
- Squash or Fruit drinks

Red Foods – these foods are not allowed in school lunch boxes.

- Fizzy drinks
- Milk shake
- Chocolate bars
- Nuts
- Sweets
- Processed fruit products such as fruit winders

Attached are some menu ideas for affordable packed lunches, together with some guidance about portion size.

Low cost menu ideas (assuming water is the drink), less than 75p.

Day 1

Tuna and sweetcorn pasta salad, an apple, small tub of rice pudding

Or

Rice with peas and sweetcorn, a boiled egg, a portion of grapes, a small slice of a malt loaf

Day 2

Egg salad sandwich, small tub of tinned pineapple, slice of fruit cake with soft cheese spread

Or

Ham and cheese salad sandwich, a banana, 3 oatcakes

Day 3

Ham and soft cheese sandwich, a banana, small tub of carrot sticks

Or

Cheesy tuna and pea pasta salad, a portion of grapes, a fromage frais

Day 4

Beef and tomato salad sandwich, tub of rice pudding and raisins, a banana

Or

Mixed bean and sweetcorn rice salad, small handful of dried fruit, a portion of grapes

Day 5

Mackerel potato salad, a slice of fruit loaf, cherry tomatoes

Or

Ham, pea and soft cheese pasta salad, small slice of plain sponge cake, an apple

Portion Guide

Everyone needs a healthy balance but understanding how much of each food group to put into lunch boxes can be difficult. Portions seem to be getting larger! To ensure children do not have the same amount of food as an adult, it is important to think about what portion is right for them. The correct portion will make sure they have enough energy to learn and play but also stay a healthy weight.

When we eat more than our bodies need, it will be stored as fat. The information below is a guide for 4 – 11 year olds.

Fruit – grapes, kiwi, melon, apple, strawberries, banana, fruit salad, fruit kebab, tinned fruit in juice or dried fruit.

PORTION SIZE

- **Dried fruit – one dessert spoon**
- **Fresh or tinned fruit – one child's handful**

Vegetables – carrot, pepper or cucumber sticks, grated carrot, cherry tomatoes, vegetables such as peas or sweetcorn as part as a salad

PORTION SIZE

- **One child's handful**

Starchy food – wholemeal bread/half and half bread, rice pasta, wraps, couscous, potatoes, pitta.

PORTION SIZE

- **Two slices of bread from a medium sized loaf**
- **One medium pitta**
- **One wrap**
- **Child's fist size of cooked rice or pasta**
- **Two or three egg sized potatoes**

Dairy – yoghurt (low sugar varieties), fromage frais, cheese spread, cheese portions, rice pudding, soft cheese.

PORTION SIZE

- **125g pot of yoghurt, forage frais or rice pudding**
- **Small matchbox (30g) size piece of cheese**
Ensure dairy replacements have added calcium in them

Protein – Meat, beans, fish, eggs – lean cooked ham, chicken, boiled eggs, beef, chickpeas, tuna, mackerel, lentils, quorn, tofu, kidney beans or broad beans.

PORTION SIZE

- **One child's palm size, thickness of the little finger**