



Packed Lunches Policy

Radleys Primary School

A Guide for our Parents/Carers

Keeping your child healthy, on the outside and inside, is important to us all.

It is just as important to ensure that your child has a healthy packed lunch, but it can be tricky. By using the guide below you can see how to ensure that your child is eating a balanced meal that is guaranteed to keep them healthy.

The UK government has produced packed lunch guidance to support the implementation of new school food standards for school lunches that came into effect in January 2015. The aim is to ensure that all our children benefit from eating quality food during the school day, in order to promote long-term health. Go to the 'Parents', 'Useful Information' and 'Policies' tabs to view our Whole School Food and Healthy Eating policies, which detail Radleys rules and expectations.

To promote healthy eating habits and help us to meet the new standards, with immediate effect, the guidelines for lunches, including lunchboxes, are listed below:

- One portion of fruit and one portion of vegetable or salad **every day** to be included in packed lunches
- Meat, fish or another source of non-dairy protein should be included **every day** – e.g. on a sandwich or crackers. **Non dairy sources of protein include lentils, kidney beans, chickpeas, hummus, peanut butter and falafel**
- An oily fish, such as salmon, should be included at least **once every three weeks**
- **One** starchy food, such as bread **or** pasta **or** rice **or** couscous **or** noodles **or** potatoes **or** other cereals, should be included **every day**

- **One** dairy food, such as semi-skimmed or skimmed milk, cheese, yoghurt, fromage frais or custard should be included **every day**. **Do not include chocolate spread.**
- Snacks such as crisps **should not be included**. Instead, include nuts, seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice
- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets **should not be included**. A small cake or two biscuits are allowed but these should be part of a balanced meal and **should not form the basis of the lunch or lunchbox. These are allowed on Fridays each week.**
- Processed meat products such as sausage rolls, individual pies, corned meat and sausages/chipolatas should be included only very occasionally e.g. **once every three weeks**
- Fresh drinking water is available at all times, both in class or the dining hall. We do not advise sending your child in with semi-skimmed milk as we cannot keep it cool. However, you may choose to buy fresh milk, via the 'Cool Milk' scheme. This is not overseen by school and you will need to get a registration form from the school office or apply on-line if you wish your child to take part.
- Water, flavoured with 'no added sugar' squash may be sent in water bottles. Class water bottles will also be available on the playground at lunchtime. **To help us, please ensure that your child's water bottle has their name clearly written on it.** Water bottles will need to go home every night and be returned the following morning.

A quick overview: a round of sandwiches **or** a roll **or** crackers (e.g. with either cheese, ham/beef/chicken/turkey or fish on), a piece of fruit/ some raw vegetables **or** a handful nuts and a yoghurt **or** fromage frais would make an ideal packed lunch.

Stuck for ideas? Is your child a fussy eater?

Go to our website and on to the 'Parents' and 'School Lunches' tabs. Scroll down to the bottom of the page and click the highlighted link to find for some healthy lunch box ideas for children from 5 – 11.