



# CROSSHALL INFANT SCHOOL ACADEMY TRUST



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## Packed Lunch Guidance

Since September 2006 all schools in England have had to follow guidance for Food in Schools where the aim is to encourage children to eat healthy balanced meals and to only be presented with healthy choices. The rising number of food related difficulties, that children are experiencing prompted these statutory guidelines for schools. Our school meals meet all statutory guidance.

A lunchbox provides a valuable contribution towards a child's nutritional requirements for a day. Research by the Food Standards Agency (2004) indicates that children who take a packed lunch to school are eating far too much fat, saturated fat, salt and sugar in one meal. The survey revealed that under a fifth of lunchboxes (16%) did not contain a starchy food such as sandwiches, pasta or rice, and that just under half the lunchboxes surveyed (48%) failed to contain a portion of fruit or chopped vegetables.

At Crosshall Infant School we want all our children to have a healthy lunchtime meal. The following guidelines should help you ensure your child has a healthy packed lunch.

### Packed Lunch Guidelines

Please try to include:

**a good portion of starchy food**, e.g. wholegrain bap, thick sliced wholemeal bread, chapatti, pitta pocket, pasta or rice salad

**plenty of fruit and vegetables**, e.g. an apple, satsuma, handful of cherry tomatoes, carrot sticks, mini-can of fruit chunks or small box of raisins

**a portion of semi skimmed milk or dairy food**, e.g. individual cheese portion, pot of yoghurt or fromage frais

**a portion of lean meat, fish or protein alternative**, e.g. ham, chicken, beef, tuna, egg, or hummus

**a drink**, e.g. a fruit juice, semi skimmed milk or water



The following items are not allowed to be included in your child's packed lunch and will be removed by staff:

**Items containing Chocolate Spread**

sweets

chocolate bars

high fat items e.g doughnuts, yum yums,

high salt items e.g crisps, salted peanuts, Mini Cheddars, Cheddars

any nuts

fizzy drinks.

Additional information can be found at the following websites.

**Food Standards Agency-Packed Lunches**

[www.eatwell.gov.uk](http://www.eatwell.gov.uk) Provides information about and menus for preparing a healthy school packed lunch.

**British Nutrition Foundation**

[www.nutrition.org.uk](http://www.nutrition.org.uk) Provides background information on food and nutrition, including lunchboxes.

Our children who have packed lunches are given plates to put their food on and we provide additional drinking water.

We require all packed lunches to be provided in a small lunch bag. Large canvas, insulated bags or solid boxes are not permitted due to the requirement to refrigerate all packed lunches. Please note that it is government regulations requiring all packed lunches to be refrigerated.

If you have any further queries please do not hesitate to contact the school office.