



Thistly Meadow Primary School HEALTHY LUNCHBOX AND SNACKS POLICY

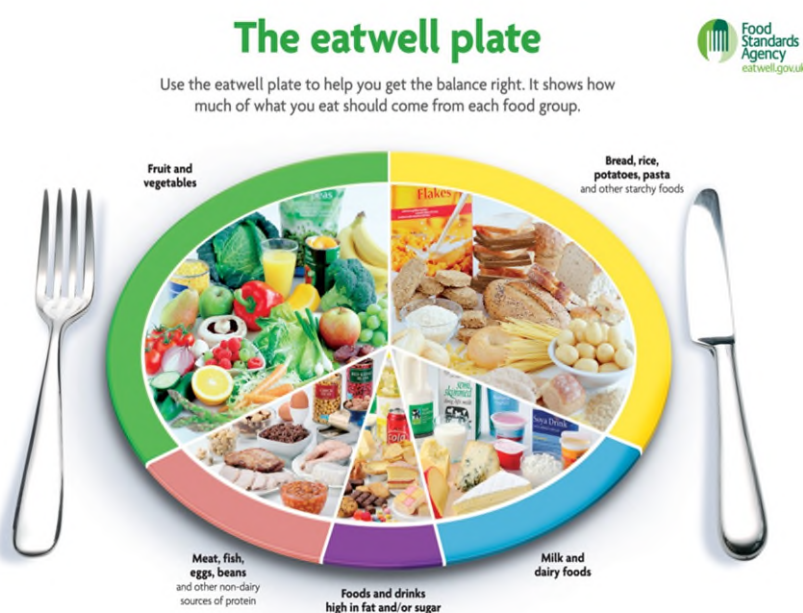
Thistly Meadow Primary School

HEALTHY LUNCHBOX AND SNACKS POLICY

This policy has been developed in line with guidance from the Children's Food Trust¹ and is for parents and children to read and consider together.

Healthy Lunchboxes

Our policy is based around **the eatwell plate**² and treats packed lunches as an important meal of the day. Packed lunches should aim to include something from every section in the proportions shown below.



Please use this policy to help your child/children understand the need to eat well and with the work we do at school and your input at home, the message will become clearer.

Our healthy lunchbox policy development is an integral part of our journey in the healthy school enhancement process. It complements the introduction of national school food and nutrient standards that all schools must follow.

At Thistly Meadow we are working hard to continue improving our food culture; we are aiming to develop:

- **Food for Life**³ – Bronze standard school meals.
- Growing crops in our school garden to have a better understanding of where our food comes from.

¹ <http://www.childrensfoodtrust.org.uk>

² <http://www.nhs.uk/Livewell/Goodfood/Pages/eatwell-plate>

³ <http://www.foodforlife.org.uk/>

- Greater links with a local farm so that children are able to see the whole process involved in the growing of fruit and vegetables.
- Cooking lessons to learn to prepare meals from scratch, with healthy ingredients.
- Lessons and assemblies promoting healthy and sustainable eating.

Together we can improve our children’s futures, helping them grow into happy, healthy adults.

For a balanced meal, select from these food groups:



Fruits and vegetables

Include at least one portion of fruit and one portion of vegetables or salad every day to provide essential vitamins, minerals and fibre to boost the immune system and help fight disease.



Meat, fish and beans

A source of non-dairy protein should be included every day. Don’t forget oily fish occasionally. Protein helps you to grow and repair.



Bread, rice potato and pasta

Starchy carbohydrates should be included every day to give slow release energy to see you through the afternoon. Malt loaf, bread sticks, cracker are an alternative to sandwiches.



Milk, cheese and dairy

Milk and Dairy foods are needed every day to give you calcium to help develop your bones and teeth.



Healthier snacks

Try to choose healthier snacks, ones that are lower in salt and sugar such as popcorn, oat biscuits.



Healthier drinks

The healthier drinks are those without any sugar added. Just fruit juice, or milk, preferably semi-skimmed, or water.



Drinking water

Drinking water is available all day. It is essential for your body to function well and for your brain to be at its sharpest.

Please try to avoid these foods:



Pastry products



Crisps



Sweets



Chocolate

These foods tend to be very high in sugar, fat, salt and unnecessary additives. They should be eaten occasionally, perhaps at home. Lots of sugar can disrupt the way your brain thinks and upsets the amount of energy your body has.

Additives can do the same.

Fat can slowly make you very big and cause heart problems.

Salt can cause blood pressure problems.

These things will only happen if you eat lots and lots, a little, occasionally, will be okay.

Please use this information as guidance, not just for your packed lunch but all of your meals. The choices you make are important.

Many children will benefit from having a mid-morning snack. These guidelines have been developed in line with the Children's Food Trust⁴ and it is important to understand that they are as much about promoting dental health as well as good nutrition which is why they appear stricter than the lunchbox guidelines. Remember that these guidelines only apply to snacks and not food included within the lunchbox. Notable differences are that cakes and biscuits can be included within the lunchbox.

⁴ <http://www.childrensfoodtrust.org.uk>

Snacks at break time

The school encourages any of the following snacks:

- Fruit or vegetables. Fruit can be fresh, canned or dried. Fruit products with added sugar are discouraged e.g. very sweet fruit puree pots or yoghurt with added sugar.
- 'Compact' fruit bars. Fruit 'strings' are discouraged because they cause more harm to teeth.
- Fruit or plain yoghurts or fromage frais.
- Cheese cubes, triangles or strings.
- A bread-based savoury snack e.g. sandwich, pitta bread, bagels, baguettes, wraps.
- A sweet bread-based snack e.g. teacakes, plain brioche, fruit bread and malt loaf. Any biscuits (even plain ones), cakes or cereal bars are not allowed as a snack.
- Unflavoured rice cakes.
- Fruit smoothies, yoghurt drinks, fruit or milk.

Our School is a nut free environment. **Please remember that nuts or products that contain nuts must not be included.**

Drinks through the day

It is important that children are encouraged to drink water throughout the school day, especially after periods of exercise. To make water more accessible we:

- Allow children to bring a sports bottle from home to drink water when they wish. Any squashes (including low sugar ones) are not allowed.
- Provide water coolers.
- Provide free milk at break times for our Foundation children until they reach the age of five, when it can be purchased through our milk provider Cool Milk⁵.
- Provide free milk to children in receipt of free school meals.
- Encourage children to have a drink after break and lunchtime. A small drink of water after snack time will help clean children's teeth.
- Provide water jugs and cups on the tables at lunchtime.

This policy will be reviewed on a regular basis in line with guidance from the Children's Food Trust and other relevant agencies.

⁵<http://www.coolmilk.com>

Version	Date	Comment
V1	Date created: 2/4/2022 Review date: Apr 25	A Gordon