



Haverigg Primary School's Healthy Packed Lunch Policy

How to pack a well-balanced, nutritional lunch box - focus on the food groups

To be in-line with the School Food Standards set by the Department for Education we feel this is a very reasonable packed lunch policy. We do understand that some children struggle with changes and 'like what they like' but the more healthy choices you can gradually make the better your child's health will be.

Packed lunches should include:

- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish, eggs, or a non-dairy protein (e.g. Lentils, kidney beans, chickpeas, hummus, peanut butter, falafel) every day.
- Oily fish, such as salmon, at least once every three weeks.
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or another cereal every day.
- A dairy food such as cheese, yoghurt, fromage frais or custard every day.
- A drink of water.

Packed lunches can occasionally include:

- Meat products such as sausage rolls, individual pies, corned meat and sausages.
- Cakes and biscuits, please be mindful of appropriate portion sizes.

Packed lunches should not include:

- Salty snacks such as crisps.
- Confectionery such as chocolate bars, chocolate-coated cereal bars, processed fruit bars and sweets.
- Sugary soft drinks, such as squash and fizzy drinks.