

Packed Lunch Advice

As a healthy school we are committed to supporting all our pupils in having a healthy nutritionally well balanced diet at lunch time including packed lunches brought in from home.

Good nutrition in childhood can help prevent a variety of health problems, both in the short term and later in life. There is increasing concern that many children are consuming too much fat, sugar and salt and too little fibre, fruit and vegetables.

Children's packed lunches should be based on the 'Eatwell Plate' model which shows the 5 main food groups; (Food Standards Agency 2007) It is recommended a packed lunch should include:-

- 2 or more portions of bread, rice, potato or pasta
- 1 portion of fruit
- 1 portion of vegetables/salad
- 1 portion of milk and dairy foods
- 1 portion of meat, fish, eggs or beans
- A drink of plain water, unsweetened fresh fruit juice or diluted fresh fruit juice.

Consett Infant School does not permit fizzy drinks, sweets of any kind or chocolate bars.

Please ensure the packed lunch is in a suitable container which is clearly named on the outside. Children are encouraged to manage their packed lunches themselves so please consider this with packaging! (Adults are available to help the children where necessary)

School does not provide cooled storage areas/fridges for packed lunches.

We will, within reason, send all uneaten items and packaging back home. This enables parents to monitor what their child has eaten at lunchtime.

Additional guidance and advice on providing healthy packed lunches is available from a number of sources including the School Food Trust www.schoolfoodtrust.org.uk