

Guidance for Packed Lunches

This guidance is intended to help to ensure that all food eaten on the school premises meets the National School Food Standards, that there is consistency between packed lunches and school meals and to promote healthy eating.

Packed lunches should include:

- At least one portion of fruit and one portion of vegetables every day.
- Meat or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus or falafel) every day
- Fish at least once a week and oily fish, such as salmon, trout, mackerel and sardines, at least once every three weeks
- A portion of starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereal every day (aim for wholegrain varieties)
- A portion of dairy such as semi-skimmed milk, low fat cheese, low fat and sugar yoghurt, fromage frais or a soya product every day.
- Only water or milk to drink
- If puddings are included, we ask that these are predominantly fruit based. This is in line with the fruit based pudding that children with school meals receive, examples are fruit salads or tinned fruit with yoghurt or custard, fruity rice puddings, fruit smoothies and fruit based crumbles.

Packed lunches may occasionally (no more than twice a week) include:

- Meat products such as sausage rolls, individual pies, corned meat and sausage/chipolata.
- A plain biscuit or a plain piece of cake (no chocolate chip, icing, frosting or other confectionary type filling)

Not permitted:	A healthier alternative:
Nuts (due to severe allergies)	Seeds
Crisps or other snacks that are high in salt	Bread sticks, rice cakes, corn cakes, crackers, vegetables
Biscuits and cakes* which contain chocolate or icing or other confectionary type fillings, sweets, chewing gum, chocolate spread	A small box of raisins, dried fruit, tinned fruit (in natural juice not syrup), fresh fruit, fruit smoothies**
Fruit juice, squash, fruit flavoured water, fizzy drinks, energy drinks, sweetened milkshakes	Water, milk,

**We do allow a plain or fruit based biscuit or portion of cake, but due to their high sugar content recommend including these no more than twice a week.*

***Smoothies are counted as a dessert, not a drink. They do count towards one of your '5 a day' but due to their high sugar content, it is recommended to consume no more than 150ml in one day.*

Useful information when checking the labels of food products:

- 1.5g salt per 100g is high (0.3g /100g is low)
- 17.5g fat per 100g is high (3g/100g is low)
- 22.5g sugar per 100g is high (5g /100g is low)

Special diets and allergies

The school recognises that some pupils may require special diets that do not allow for the National School Food Standards to be fully met. In this case parents and carers are asked to be responsible for ensuring that packed lunches are as healthy as possible. **For these reasons pupils are also not permitted to swap food items.**

MAKING A HEALTHY PACKED LUNCH

JUST FOLLOW THESE 5 SIMPLE STEPS

TOP TIP: Keep your lunch cool. Use a cool bag, pop in a frozen drink or ice pack.



Healthy School



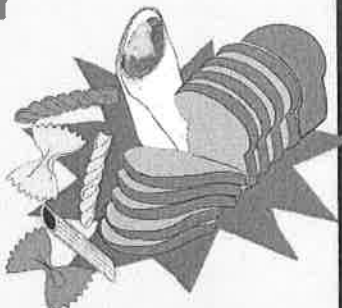
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STEP 1. BEGIN WITH A STARCHY ENERGY FOOD

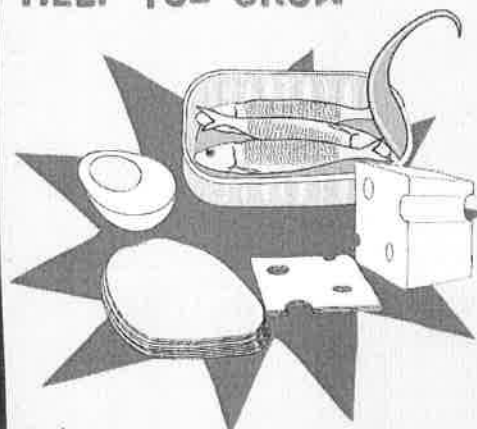
Choose from:

- Sliced bread
- Pitta bread and wraps
- Chapattis and roti
- Bread rolls and bagels
- Soda bread
- Pasta, couscous, rice, noodles or potatoes



TOP TIP: For longer lasting energy, choose wholemeal and wholegrain varieties.

STEP 2. ADD A HEALTHY FILLING TO HELP YOU GROW



Such as:

- Chicken, turkey or ham
- Fish (fresh or tinned) - tuna, pilchards, sardines, mackerel, salmon
- Lower fat cheeses such as cottage cheese, edam, mozzarella, reduced fat cheddar
- Beans and pulses
- Egg
- Houmous
- Dahl

TOP TIP: When choosing a meat filling, go for lean options.

STEP 3. AND REMEMBER THE SALAD!



Try:

- Tomato
- Cress
- Beetroot
- Shredded lettuce
- Grated carrot
- Cucumber
- Sweet corn
- Celery
- Peppers
- Avocado

TOP TIP: Add a rainbow of colours to give you lots of different vitamins.

STEP 4. INCLUDE DAIRY PRODUCTS FOR GROWING BONES AND TEETH

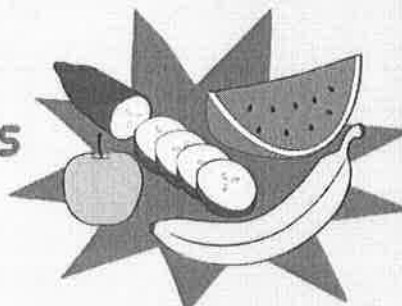


Try:

- Milk
- Cheese
- Calcium fortified soya products
- Fromage frais
- Low fat rice pudding
- Unsweetened, fat-free yoghurt

TOP TIP: Semi-skimmed or skimmed milk, low fat yoghurts and reduced fat cheese are best.

STEP 5. DON'T FORGET TO ADD FRUIT AND VEGETABLES TO KEEP YOU HEALTHY & STRONG



Try:

- Fresh fruit such as apples, bananas, pears, melon pieces
- Small box of dried fruit such as raisins, apricots, pineapple
- Cherry tomatoes, grapes, carrot and cucumber sticks, slices of pepper or celery
- Fruit salad - tinned in natural juice or fresh

TOP TIP: Enjoy a variety of seasonal fruit and vegetables.

REMEMBER: IT'S IMPORTANT TO DRINK PLENTY OF FLUIDS, ESPECIALLY WATER



THE change4life SNACK SWAPPER



High in fat/sugar/salt:

Healthier option:

- Chocolate biscuits → Rice cakes, unsalted or unsweetened popcorn
- Cakes → English-style breakfast muffin, fruit scone
- Chocolate → Banana
- Crisps → Rice cakes, breadsticks with lower fat cream cheese
- Fizzy cola → 100% fruit juice, or 100% fruit juice with fizzy water
- Sweets → Handful of dried fruit, such as raisins

Try to vary your packed lunch every day. For more healthy tips, see www.nhs.uk/change4life