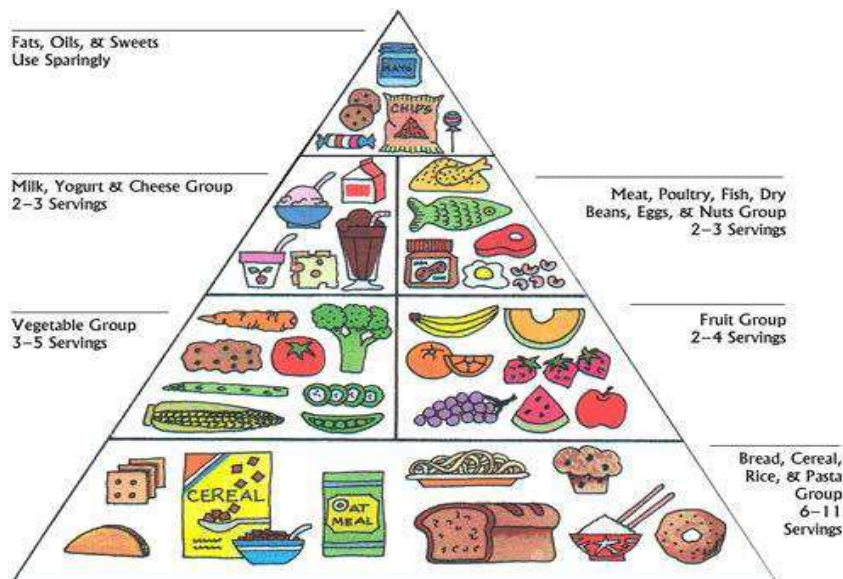


As part of our Healthy Schools Project we would like to share with you the governments packed lunch advice.



Government packed lunch advice

The UK government produced packed lunch guidance to support the implementation of new school food standards for school lunches and ensure that all children benefit from eating quality food during the school day.

The guidelines are:

- One portion of fruit and one portion of vegetable or salad every day to be included in packed lunches
- Meat, fish or another source of non-dairy protein should be included every day.
- Non-dairy sources of protein include lentils, kidney beans, chickpeas, hummus, and falafel
- An oily fish, such as salmon, should be included at least once every three weeks
- A starchy food, such as bread or pasta, rice, couscous, noodles, potatoes or other cereals, should be included every day
- A dairy food, such as semi-skimmed or skimmed milk, cheese, yoghurt, fromage frais or custard should be included every day
- Free, fresh drinking water should be available at all times
- Include only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies
- Snacks such as crisps should not be included. Instead, include nuts, seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice

- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets should not be included. Cakes and biscuits are allowed but these should be part of a balanced meal
- Meat products such as sausage rolls, individual pies corned meat and sausages / chipolatas should be included only occasionally

We have looked at our lunchboxes in school and audited the types of foods which are in lunch boxes.

Below are the results of survey undertaken in June 2015.

Starchy foods	Non-dairy	Dairy	Sweet	Other	Veg	Fruit	Salted snack	Sweet	Sweet drinks	Water
Bread	Meat	Cheese	Jam	Dairy	Salad	Fresh	Crisps	Snack	Ribena	
Pasta	Fish		Honey	Yoghurt	Filling	Dried	Quavers	Chocolate	Calypso	
Rice	Egg		Chocolate spread	Custard	Crudites	Tinned	Tortilla chips	Muesli bar	Fruit shoot	
Crackers	Beans			Milk		100% juice		Cakes		
	Seeds							Biscuits		
163	135	94	43	66	91	116	81	104	77	88

As you can see our survey shows that we have a balance of foods.

We as a school do not allow fizzy drinks and nuts.

We would ask that parents and carers to consider the advice from the government.