

Food in school: guidance for parents

Packed lunch guidance:

At Ashbeach we want to ensure that all children have a healthy and balanced diet at lunch time regardless of whether they are having school dinners or bringing in a packed lunch. We believe this is important for their health and will also provide them with the right amount of energy for successful learning in the afternoon.

Below is guidance for parents/carers to ensure children have a variety of foods that contribute to a balanced diet.

Packed lunches should include everyday:

- **Fruit and vegetables:** at least 2 portions of fruit and vegetables, ideally one fruit portion **and** one vegetable portion i.e. carrot sticks, cucumber, celery, pepper, dried fruits (with no coatings) and fresh fruit.
- **Dairy foods:** cheese, milk, yoghurt
- **Savoury food:** sandwich, wrap, pasta, rice or couscous

Packed lunches could also include:

- One 'pudding style' item i.e. a small cake or biscuit
or
- A sausage roll, pie or mini sausages
or
- Baked or wholegrain crisps that are lower in salt

Children will be encouraged to eat these items after eating other items in their lunchbox.

We ask that children are not given:

- Chocolate products including chocolate bars and chocolate spread
- Sweets
- Fizzy drinks

These should be kept as treats for at home.

Drinks in school:

Lunchboxes: Children should have a refillable bottle with water or 'low in sugar' squash or pure fruit juice. Fresh water is always available at lunch time on tables.

In class: Children should also have a refillable bottle available in the classroom everyday with just water to drink throughout learning times.

Break time and after school snacks:

We would encourage children to have a healthy snack to keep them going throughout the morning before lunch time. This is eaten during morning play time. Children aged 4-6 years old are provided with a portion of fruit or vegetables every day through the 'School Fruit and Vegetable Scheme' but can alternatively bring in their own snack if they wish. Children aged 7-11 years are encouraged to bring in a healthy snack too. Snacks brought in from home must also be a portion of fruit or vegetables that are not packaged. This should be kept in the child's school bag or tray in their classrooms.

Children attending after school clubs can also bring a snack to eat if they wish and this must also be a portion of fruit or vegetables to keep in line with our food policy.