

Burrowmoor School Packed Lunch Policy

Our children must eat healthily in order to reach their full potential in life. Through ensuring a balanced diet in their early years and at school we are committed to working together with families and other professionals to protect every child's right to eat better and as such to do better. When children eat healthier at lunch time they are more productive in class during the afternoon.

Our school provided meals and guidelines for packed lunches are based around four key principles to provide balanced nutrition and we aspire for packed lunches to be as nutritional as school provided meals.

In packed lunches children may bring a range of items from the following groups:-

Carbohydrate (starchy food):

Sandwiches, bread rolls, crackers, wraps, bread sticks, pasta, rice, etc

Proteins and Dairy:

These could be a filling for the above or separate items: meat, cheese, egg, fish, milk, yoghurt

Vitamins:

At least 1 portion of fruit, dried fruit, raw vegetables or salad

Drink:

Bottle or carton of fruit juice, water, milk, milkshake or squash.

They may bring **one** item from the list below as a treat/dessert:

cereal bar, small cake, snack biscuit (e.g. single twix, 2 finger kitkat, breakaway, biscuit snack pack), crisps, processed fruit items (e.g. fruit stings/flakes).

To support parents with packed lunch guidance and support the following web sites are particularly useful:

Change for Life

[nhs.uk/Change4Life/Pages/healthy-lunchbox-picnic.aspx](https://www.nhs.uk/Change4Life/Pages/healthy-lunchbox-picnic.aspx)

The Children's Food Trust

www.childrensfoodtrust.org.uk/

NHS Guidance

www.nhs.uk/Livewell/childhealth6-15/Pages/Lighterlunchboxes.aspx

The British Diabetic Association

www.bda.uk.com/foodfacts/PackedLunches