

# MOORFIELD PRIMARY SCHOOL



# SCHOOL PACKED LUNCH POLICY

Created by the Primary Leadership Team (PLT) 2023/24

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Committee:	Full Governing Body
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*Inspiring Creative Learners for Exciting Futures*

## Introduction

Hi everyone! To grow strong and stay healthy, we need to eat a balanced diet. Our school wants to help us eat better and stay healthy, both now and in the future.

## Why It's Important

Eating well now can stop health problems later. Right now, many children eat too much fat, sugar, and salt, and not enough fruits and vegetables. Packed lunches make up a big part of what we eat each week, so they need to be healthy and balanced.

## Our Goal

We want to make our school community aware of the importance of healthy eating in and make sure packed lunches from home are healthy, meeting the Government's [School Food Standards](#).

## Why We Care

Our school cares about our health and well-being. We learn about healthy eating in our lessons. We want to help everyone eat better and feel good, both now and in the future.

**This policy has been developed by our Primary Leadership Team (PLT) that consists of class representatives from Year 2-6. We would like to thank them for the hard work and effort that they have put into this policy.**

## Healthy Packed Lunches

Some lunchboxes have unhealthy foods like high-fat snacks, sugary treats, and not enough fruits and veggies. We want to see more healthy items in our lunchboxes.

Eating unhealthy lunches can cause problems like poor growth, tooth decay, obesity, and poor concentration. These can make it harder to learn. In the long run, eating badly can lead to serious health issues when we're grown-ups.

## What Should Be in Our Lunchboxes - The Eatwell Guide

The PLT have used the Eatwell Guide to help us know what to eat (see appendix 1). It shows the five main food groups and how much of each we should eat every day.

## Include These Foods in our lunch boxes:

- **Fruits and Vegetables:** At least one portion of each.
- **Protein:** Like meat, fish, eggs, beans, lentils, kidney beans, chickpeas, hummus or dhal.
- **Oily Fish:** Such as salmon, tuna, or sardines.
- **Carbohydrates:** Like bread, pasta, rice, couscous, noodles or potatoes.
- **Dairy:** Like milk, cheese, yogurt, fromage frais, or calcium fortified Soya products
- **Healthy Puddings:** Fruit salads, fruit with yogurt, fruity rice pudding, or smoothies. Cakes and biscuits can be included, as part of a balanced lunch (children who have a school dinner have them as a pudding option), as long as they are limited to one and are small in size.

## Special Diets

The school recognises that some children may require special diets that do not allow for the standards to be met exactly. This could be due to food allergies, medical or sensory needs as well other issues with food. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons it is also imperative that children do not swap food items.

***No Nuts: We are a nut-free school to keep everyone safe from nut allergies. We aim to protect children who have allergies to nuts by not allowing nuts or nut products in school packed lunches.***

***Please do not include:***

***All types of nuts and mixed fruit and nut packs,***

***Peanut butter and chocolate spreads that are nut based, such as 'Nutella'***

***Pre-packed baked goods that contain Nutella or nut-based chocolate spread***

***Cereal bars and granola bars that contain nuts***

***Cakes and biscuits that contain nuts***

***Satay sauce and sauces that contain nuts***

***This list is not exhaustive, please check the packaging of products closely***

***As a school, we are also mindful of other food allergies such as dairy and risk assess the necessary provision to minimise the risk to individual children across classes, year groups and key stages.***

### **Avoid or Limit These Foods in our lunch boxes:**

- Foods high in fat like sausage rolls, pies, sausages, crisps.
- No sweets, chocolate, sugared/toffee or salted popcorn allowed.
- No fizzy drinks allowed (see below).

### **NB**

*Crisps or any similar snacks that are high in salt and fat. Many packets advertise clearly that they are lower/reduced fat – the specific guidelines are that there should be less than 17.5g per 100g, however the salt content remains fairly well hidden. Please check the labels for content, comparing the per 100g measure. Low salt would be classed 0.3g or less per 100g (or 0.1g sodium) and **high is more than 1.5g salt per 100g (or 0.6g sodium)**. Please do not include snacks that exceed the 1.5g per 100g measure. Examples of crisps/snacks that contain less than 1.5g salt include some varieties of Walkers Lites, Walkers Baked, Lidl's Linessa crinkle cut, Jacob's Oddities. This is not an exhaustive list, but in general 'baked' varieties tend to meet the criteria more often than other types. Flavours within brands also differ – so please check.*

### **Drinks**

Water or milk is available.

More information with ideas and examples of foods that can be included in packed lunches at <http://www.childrensfoodtrust.org.uk/childrens-food-trust/schools/>

We have included some examples of packed lunch ideas that we researched (see appendix 2). There are many more online by searching for 'healthy packed lunch recipe ideas'. These ideas are taken from the NHS 'Better Families, Better Health' and cover a range of examples to suit a range of budgets.

### **Packing Our Lunches**

Parents and carers should pack our lunches in containers that keep food safe and cool. Including an ice pack is a good idea in the warmer months.

### **Monitoring and Encouragement**

If there's a concern with the contents of a lunchbox, we will talk to parents and carers.

### **Promoting Healthy Lunches**

We'll keep talking about healthy lunches in newsletters, PSHE activities/lessons, parents' evenings, and more.

### **Reviewing the Policy**

We will review this policy every three years to make sure it stays up-to-date with any new rules about school food.

Thank you for helping make our school a healthier place!

**The Primary Leadership Team 2023/24**



# Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy 1046kJ 250kcal	Fat 3.0g LOW	Saturated 1.3g LOW	Sugars 34g HIGH	Salt 0.9g MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

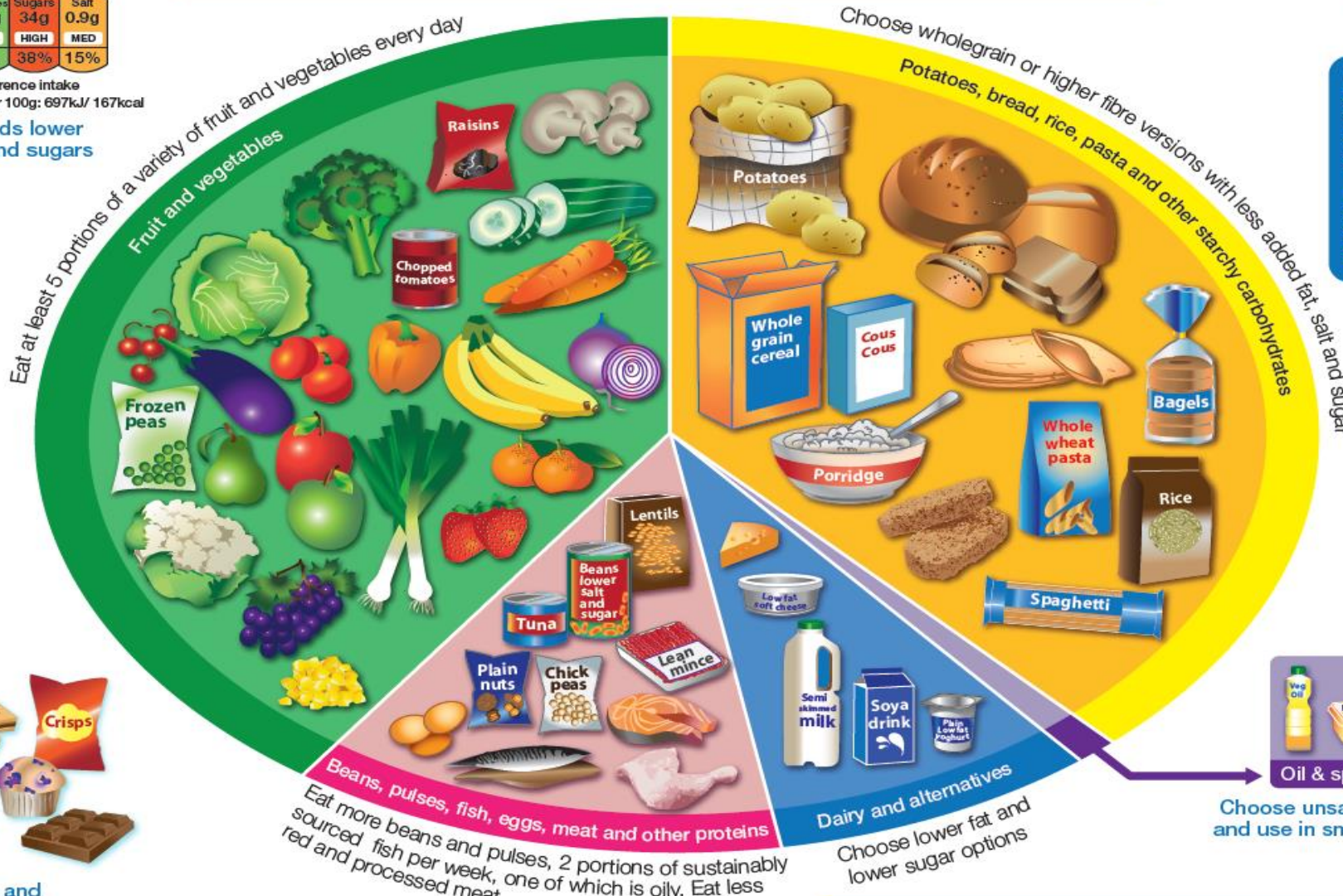
Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

## Lunchbox tips



### Keep them fuller for longer

Base the main lunchbox item on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.



### Freeze for variety

Keep a small selection of different types of bread in the freezer so you have a variety of options – like bagels, pittas and wraps, granary, wholemeal and multigrain.



### DIY lunches

Wraps and pots of fillings can be more exciting for kids when they get to make them. Dipping foods are also fun and a nice change from a sandwich each day.



### Cut back on fat

Pick lower-fat fillings – like lean meats (including chicken or turkey), fish (such as tuna or salmon), lower-fat spread, reduced-fat cream cheese and reduced-fat hard cheese. And try to avoid using mayonnaise in sandwiches.

[See more healthier swap ideas](#)



### Mix your slices

If your child does not like wholegrain, try making a sandwich from 1 slice of white bread and 1 slice of brown bread.



### Always add veg

Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A Day. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.



### Ever green

Always add salad to sandwiches and wraps too – it all counts towards your child's 5 A Day!



### Cheesy does it...

Cheese can be high in fat and salt, so choose stronger-tasting ones – and use less of it – or try reduced-fat varieties.



### Cut down on crisps

If your child really likes their crisps try reducing the number of times you include them in their lunchbox, and swap for homemade plain popcorn or plain rice cakes instead.



### Add bite-sized fruit

Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown.



### Tinned fruit counts too

A small pot of tinned fruit in juice – not syrup – is perfect for a lunchbox and easily stored in the cupboard.



### Swap the fruit bars

Dried fruit like raisins, sultanas and dried apricots are not only cheaper than processed fruit bars and snacks but can be healthier too. Just remember to keep dried fruit to mealtimes as it can be bad for teeth.



### Switch the sweets

Swap cakes, chocolate, cereal bars and biscuits for malt loaf, fruited teacakes, fruit breads or fruit (fresh, dried or tinned – in juice not syrup).



### Yoghurts: go low-fat and lower-sugar

Pop in low-fat and lower-sugar yoghurts or fromage frais and add your own fruit.



### Get them involved

Get your kids involved in preparing and choosing what goes in their lunchbox. They are more likely to eat it if they helped make it.



### Variety is the spice of lunch!

Be adventurous and get creative to mix up what goes in their lunchbox. Keeping them guessing with healthier ideas will keep them interested and more open to trying things.



# Spicy chicken and salad wrap recipe

Wraps are a popular alternative to sandwiches. Complete your child's lunchbox with some homemade popcorn and fresh fruit.

Prep: 10 mins

Serves 1

[+ Nutritional information](#)



## Ingredients

- 1 tablespoon low-fat Greek style yoghurt
- ¼ teaspoon of curry powder, to taste
- large pinch of chilli powder, to taste
- 85g cooked chicken breast, chopped into small pieces
- 1 large wholemeal wrap
- small wedge of lettuce, to give 2 tablespoons when shredded
- 3 slices of cucumber, chopped
- 1 slice of pepper, chopped

## Complete your lunchbox with:

- peach and strawberry slices
- homemade popcorn (flavoured with cinnamon, for example)
- 150ml fruit juice drink (with no added sugar)

## Method

1. Mix the yoghurt and spices to taste and add the chicken.

This is a great way to use leftover roast chicken.

2. Spread the chicken mixture on the wrap, then sprinkle on the lettuce, cucumber and pepper.

Try other salad vegetables – grated carrot and chopped celery work well, too.

3. Fold opposite edges of the wrap, to keep the filling in, then roll up and cut in half.

# Tuna and bean salad recipe

This colourful salad is a good way to include fish in your child's lunchbox. This would work well with a slice of malt loaf and a satsuma.

Prep: 10 mins

Serves 1

[+ Nutritional information](#)



## Ingredients

- 3 teaspoons olive oil
- juice of half a lemon
- large pinch of dried mixed herbs
- large pinch of mustard powder
- large pinch of black pepper
- 1 slice of pepper, chopped
- 2 spring onions, sliced
- 3cm piece of cucumber, chopped
- 1 heaped tablespoon canned mixed beans in water, drained
- half a 160g can of tuna in spring water, drained
- 1 thick slice of wholemeal bread and lower-fat spread

## Complete your lunchbox with:

- a satsuma
- slice of malt loaf
- 200ml semi-skimmed milk

## Method

1. Mix the oil, lemon juice, mixed herbs, mustard powder and black pepper.
2. Add to the salad vegetables, beans and tuna and mix gently.
3. Serve with the bread and lower-fat spread.

Double the recipe to use the rest of the can of tuna and save for the next day.

This **would** also work well with cold pasta as a pasta salad, instead of serving with bread.

# Tuna mayonnaise and sweetcorn sandwich recipe

The mild flavour of tinned tuna combined with sweetcorn. This would work well with sticks of carrot or cucumber and some mixed berries.

Prep: 10 mins

Serves 1

[+ Nutritional information](#)



## Ingredients

- half a 160g can of tuna in spring water, drained
- 1 level tablespoon reduced-calorie mayonnaise
- 1 heaped tablespoon sweetcorn (tinned, or cooked from frozen)
- large pinch of black pepper
- 2 thick slices of half-and-half bread

## Complete your lunchbox with:

- 1 small carrot and a 3cm chunk of cucumber, cut into sticks
- 60g mixed berries
- 200ml semi-skimmed milk

## Method

1. Mix the tuna with the mayonnaise, sweetcorn and pepper.

Mix the filling the night before and store in the fridge to save time in the morning.

2. Sandwich the mixture between the slices of bread.

Double the recipe to use the rest of the can of tuna if you have 2 lunchboxes to prepare.



# Soft cheese and salad sandwich recipe

A quick and easy sandwich to provide some dairy in your child's lunchbox. This would work well with an apple and a fruit teacake.

Prep: 10 mins

Serves 1

[+ Nutritional information](#)



## Ingredients

- 2 thick slices of wholemeal bread
- 2 tablespoons medium-fat soft cheese
- 3cm piece of cucumber, finely chopped
- 20g celery (about two-thirds of a stick), finely chopped
- small wedge of lettuce, to give 2 tablespoons when shredded
- pinch of black pepper or paprika, optional

## Complete your lunchbox with:

- an apple
- fruit teacake
- small bottle of water

## Method

1. Spread both slices of bread with the cheese.

Spreading the cheese on both slices of the bread – and patting the salad dry – helps prevent a soggy sandwich!

2. Pat the salad dry and use to fill the sandwich, sprinkling with pepper or paprika if using.

Try other salad vegetables, or even some pineapple.

# Salmon and salad bagel recipe

Bagels are popular with kids so this is a good way to introduce some fish into your child's lunchbox. This would work well with a handful of grapes and a plain rice cake.

Prep: 10 mins

Cook: 1 min

Serves 1



[+ Nutritional information](#)

## Ingredients

- 1 wholemeal bagel
- small can (105g) or half a large can of pink salmon
- 1 level tablespoon reduced-calorie mayonnaise
- large pinch of black pepper
- 4 slices of cucumber
- small wedge of lettuce, to give 2 tablespoons when shredded

## Complete your lunchbox with:

- handful of grapes (about 12)
- 1 plain rice cake
- 200ml semi-skimmed milk

## Method

1. Cut the bagel in half, toast and leave to cool.
2. Drain the salmon and remove the bones. Mix with the mayonnaise and pepper.  
  
**The fish bones in tinned salmon are edible and contain calcium, but remove them if your child doesn't like the texture.**
3. Spread the mixture on one half of the bagel, add the cucumber and lettuce and then top with the other half of the bagel.

**Prepare the salmon mixture the night before and keep in the fridge to save time in the morning.**

# Hummus and salad wrap recipe

Simple to make and fun to eat. Try serving with cherry tomatoes, and some mixed berries with low-fat Greek style yoghurt.

Prep: 10 mins

Serves 1

[+ Nutritional information](#)



## Ingredients

- 2 tablespoons reduced-fat hummus
- 1 large wholemeal wrap
- 1 small carrot, grated
- small wedge of lettuce, to give 2 tablespoons when shredded

## Complete your lunchbox with:

- 5 cherry tomatoes
- 2 tablespoons frozen mixed berries and 3 tablespoons low-fat Greek style yoghurt
- 150ml fruit juice drink (with no added sugar) or 200ml water

## Method

1. Spread the hummus over the wrap, then sprinkle on the carrot and lettuce.

If you're using a shop-bought hummus, choose a reduced-fat version. Or make your own – it's easy with our [recipe for creamy hummus dip!](#)

2. Fold opposite edges of the wrap, to keep the filling in, then roll up and cut in half.

For the snack, pop the frozen fruit in a small pot and it will thaw by lunchtime. The kids will love mixing and swirling their yoghurt into it.

# Egg mayonnaise and lettuce bap recipe

Eggs are a great source of protein for kids that are growing. This works well in a lunchbox with some cherry tomatoes and a fruit snack pot.

Prep: 10 mins

Cook: 12 mins

Serves 1

[+ Nutritional information](#)



## Ingredients

- 1 egg
- 1 level tablespoon reduced-calorie mayonnaise
- large pinch of black pepper
- 1 large wholemeal bap
- small wedge of lettuce, to give 2 tablespoons when shredded

## Complete your lunchbox with:

- 5 cherry tomatoes
- fruit snack pot (tinned fruit in juice)
- 200ml semi-skimmed milk

## Method

1. Place the egg in a small saucepan covered with water, bring to the boil and cook for 10 minutes. Plunge in cold water and leave to cool.

Cook the egg the night before to save time in the morning rush.

2. Remove shell and mash the egg with the mayonnaise and pepper.

3. Use to fill the bap, topping with the lettuce.

Try cress or baby spinach instead of the lettuce. Pat it dry before adding to the bap, to avoid soggy bread.



# Cheesy coleslaw with wholemeal pitta recipe

Crunchy, cheesy coleslaw in a pitta makes a change from traditional sandwiches. Try serving with 5 cherry tomatoes and a small box of raisins.

Prep: 10 mins

Serves 1

[+ Nutritional information](#)



## Ingredients

- 1 teaspoon reduced-calorie mayonnaise
- 1 tablespoon low-fat Greek style yoghurt
- 1 thin slice of white cabbage, shredded (to give a handful)
- 1 small carrot, grated
- 2 spring onions or a slice of onion, chopped
- 20g reduced-fat cheddar cheese, finely chopped or grated
- Parsley, chopped (optional)
- 1 large wholemeal pitta bread

## Complete your lunchbox with:

- 5 cherry tomatoes
- 1 tablespoon low-fat Greek style yoghurt
- 200ml semi-skimmed milk

## Method

1. In a bowl, mix the mayonnaise and yoghurt.
2. Add the vegetables, cheese and parsley (if using). Mix well.
3. Carefully split open the pitta bread and fill with the coleslaw.

The coleslaw keeps well in the fridge so make it the evening before to help with the morning rush!

Simply double the quantities if you have 2 lunchboxes to prepare.