

PACKED LUNCH GUIDANCE

Oxford Gardens Primary School is committed to ensuring the health and wellbeing of all its pupils. We have recently developed a *Whole School Food Policy* in order to improve food and drink across the school day. Within this policy we have included guidance on which foods and drinks are allowed and not allowed within packed lunches. We hope that this guidance will help you to pack a healthy lunch for your child.

The Eatwell Plate

Your child's lunch box should be based on the Eatwell Plate. This has been developed by the Food Standards Agency in order to help us to understand the proportions of the different food groups that make up a healthy, balanced diet.

No single food group will provide us with all the nutrients that we need. The table below gives you examples of foods that sit under each of the food groups. Those foods that are high in fat and/or sugar have been restricted within packed lunches.



Food Group	Function
Starchy Foods	Provide sustained energy to help kids run, play and learn
Fruit & Vegetables	An important source of vitamins and minerals
Milk & Dairy	Provide calcium, which helps to build strong bones and teeth
Meat, Fish, Eggs and Beans	Protein and iron in these foods are essential for strong blood and repair of body tissues
Foods High in Fat and/or Sugar	Are low in other nutrients, damaging to teeth and can lead to weight gain

How Do I Know if it's Healthy?

Manufacturers often use carefully-worded health claims to help make their products appear to be healthy. However, sometimes this is not the case. Use the table below to see if a product is low or high in sugar, fat and salt. Remember to always look under the *per 100g* column. Check the ingredients list to see if sugar has been added using another name.

How Much?	Low	High
	Per 100g	
Sugar	2g	10g
Total Fat	3g	20g
Sat Fat	1g	5g
Salt	0.3g	1.5g

Other Names for Sugar

Glucose
Fructose
Sucrose
Maltose
Maltodextrin
Oligofructose
Glucose Syrup
Hydrolysed Starch

The following table applies to all food and drinks brought in packed lunches (from home, on school trips and those supplied by the school)

Food / Drink	What Is Allowed?		What Is Not Allowed?
Starchy Foods (include some every day)	Sliced Bread or Rolls Wraps or Tortilla Pitta Bread Bagel Bread Stick Malt Loaf Fruit Bread	Rice Cakes Crispbread, Maztos, Oat Cakes Chapatti Naan Potataoes	Rice Pasta Cous Cous Crumpet Plain Scone English Muffin
Fruit and Vegetables (include one portion of each)	Fruit - fresh, frozen, tinned or dried Raw vegetables / vegetable sticks, salad		Dried fruit and fruit bars, strings or winders with added sugar and fat
Milk & Dairy (include one item every day)	Yoghurts (natural or fruit) Cheese or Cheese Spread Calcium Fortified Soya Milks	Fromage Frais Rice Pudding	Yoghurt with Confectionary Corners (e.g. Chocolate, Toffee and Crumble) Flavoured Yoghurts (e.g. toffee)
Meat, Fish & Alternatives (include some every day)	Lean Meat Quorn Vegetarian Sausages Eggs Tinned or Cooked Fish (e.g. Tuna, Sardines)	Hummus Lentils Tofu Falafel Kidney Beans Chickpeas	Breaded Meat (e.g. nuggets) Salami Peperami sticks Sausage rolls Bacon Processed ham and cheese meals
Extras	Crumpets Plain Unsweetened Popcorn Cheese Cubes with Raisins Plain Melba Toast or Ryvita (add topping)	Fruit Smoothie Hot Cross Bun Fruit Bagel Teacake	Crisps or Mini Cheddars Foods Containing Chocolate Flavoured Crackers (e.g. Snack-a Jacks, Ryvita Minis) Cereal Bars Chocolate Mousse or Trifle Jelly Cakes
Drinks	Water 100% Pure Fruit Juice		Juice Drinks (Ribena, Capri Suns, Fruit Shoots) Artificially-Sweetened 'Low Sugar' Drinks Fizzy Drinks
Sandwich Fillings	Lean meat (e.g. chicken, ham or turkey) Fresh or tinned fish or shellfish (e.g. tuna or prawns) Cheese or cheese spread Houmous <i>With</i> Salad (e.g. cucumber, tomato, lettuce, avocado, pepper, grated carrot, sweetcorn, spinach) Coleslaw		Chocolate Spread Jam Peanut butter

Thank you to all parents who contributed to this healthy lunchbox list.