

Our Children Today, Our Future Tomorrow



Cranbrook
Primary School

26th November 2019

Dear Parents/Carers,

As a 'Healthy School' we encourage the children to make educated choices about what they eat and how often they exercise. We would ask that if you send your child to school with a packed lunch that you involve your child in making the right healthy choices. We are delighted to see that the vast majority of lunchboxes are already packed with very healthy options which the children enjoy. As you know schools must meet the Educational Nutritional Standards and Requirements for School Food (Department for Education legislation) which includes packed lunches brought from home.

A child's school packed lunch should include the following:

- A portion of starchy food, e.g. bap/bread, pitta bread, plain crackers, pasta or rice salad
- Fresh fruit and vegetables, e.g. apple/orange/banana, tomatoes, carrots sticks
- A portion of milk or dairy food, e.g. cheese, plain/fruit yoghurt
- Portion of lean meat, fish or alternative, e.g. Quorn, cheese, tuna, egg
- A drink: fruit juice (not fizzy or diluted squash), plain water and or milk

Encouraging children to eat nutritious, balanced diet early on is important for a number of reasons. Ensuring they get the right vitamins and minerals in their diet will help them grow and develop optimally. They are also likely to be energised and motivated, supporting their ability to learn.

A child's school packed lunch must **not** contain any of the following:

- Crisps or any packeted savoury snacks (Instead, include vegetables, fruit, savoury crackers or breadsticks – with no added salt, sugar or fat.)
- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets. (Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal).
- Fizzy or sugary drinks. Water is always available for children at lunchtime.



Living the Olympic
and Paralympic Values

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Junk food can be appealing for a variety of reasons, including convenience, price and taste. For children, who do not always understand the health consequences of their eating habits, junk food may appear especially appetizing. However, regularly consuming fattening junk food can be addictive for children and lead to complications like obesity, chronic illness, low self-esteem and even depression, as well as affecting how they perform in school and extracurricular activities.

Special Diets and Allergies

The school also recognises that some pupils may require special diets. In this case parents/carers are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.

Monitoring Packed Lunches

Packed lunches will be regularly monitored by midday staff. Healthy lunches will be rewarded with stickers.

Parents and pupils who do not adhere to the Packed Lunch Guidelines will receive a leaflet in the packed lunch informing them of the guidelines. If a child regularly brings a packed lunch that does not conform to the guidelines the school will contact the parents to discuss this.

We have produced a 'Packed Lunch Leaflet' to support and guide families in providing healthy packed lunches for their child/children.

For more information and advice go to:

<https://www.nhs.uk/change4life-beta/recipes/healthier-lunchboxes>



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