



Packed Lunch Guidance at Heelands

To grow and stay healthy children need to eat a nutritionally well balanced diet.

There is increasing concern that many children eat too much fat, sugar and salt and too little fibre, fruit and vegetables.

All children at Heelands are entitled to free hot lunches, provided by the catering team at St Paul's School in Milton Keynes. They are committed to providing healthy food choices, managing their lunch menus to increase the variety of foods children eat and make it easier for them to choose the healthy options. If you need any support with ordering hot lunches on a regular or occasional basis, please speak to Mrs Farmer in the School Office, she will be happy to help.

We do understand however that some parents will choose to provide their children with a packed lunch each day. These can contribute to almost a third of a child's weekly food intake and therefore need to be balanced and nutritious.

Unfortunately, the contents of some lunchboxes have been found to be unhealthy. This can result in poor growth, tooth decay, obesity, anaemia, constipation, poor concentration and behavioural problems which may impact on a child's learning. A poor diet in childhood can also lead to increased health issues in adulthood.

Children's packed lunches should include items from the 5 following groups;

- 1) **Bread, Rice, Potatoes, Pasta.** These starchy foods are a healthy source of energy. Packed lunches should include 2 or more portions eg pasta salad, a sandwich, or rice salad.
- 2) **Fruit and Vegetables.** These foods provide vitamins, minerals and fibre. Lunches should include at least 1 portion of fruit and 1 portion of vegetables / salad, or more e.g. carrot/cucumber sticks, cherry tomatoes, a piece of fruit.
- 3) **Milk and Dairy.** These foods provide calcium for healthy bones and teeth. Include 1 portion at lunch e.g. yoghurt, fromage frais, milk, or a non-dairy alternative if your child has an allergy.
- 4) **Meat, Fish, Eggs, Beans.** These foods provide protein for growth. Packed lunches should include 1 portion of these foods e.g. boiled egg as filling in sandwich, ham or chicken, mixed bean salad.
- 5) **Drinks** - water and milk are available each day for all children. Therefore any drinks provided in lunch boxes should only include either unsweetened fresh fruit juice, diluted fresh fruit juice or flavoured waters. Please do not send in any fizzy drinks or high sugar fruit shoots, Ribena etc, as these do not comply with our healthy food guidelines.



Please support us by not including these items in a packed lunch

It is important not to fill up on too many foods that are high in fat and / or sugar at the expense of other more nutritious foods. Limiting high fat and sugar foods will help protect young people from becoming overweight as well as helping prevent tooth decay, heart disease, stroke, and diabetes. Please do not include the following foods in lunchboxes:

- Sweets
- Chocolate bars

A choice of only **one** of the following is recommended per day:

- A small cake bar (eg jaffa cake or similar)
- Packet of crisps
- A small biscuit bar (eg kitkat or penguin)

PLEASE DO NOT INCLUDE NUTS OR FOODS INCLUDING NUTS IN YOUR CHILD'S PACKED LUNCH.

Waste and Disposal

The school will, within reason, send any uneaten or unsuitable packed lunch food items back home. The rationale for this is that parents can also monitor what their child has consumed during the day and then raise any concerns over their child's food intake with the school.

Thank you for your support for your child's healthy eating.

