



# Our Healthy Packed Lunch Policy

We all want our children to learn how to make healthy choices when it comes to the food and drink they consume.

If we can show our children healthy choices now, this will ensure they continue to make healthy choices all the way through to their adult life.

A positive impact like this will protect our children from poor diet and unhealthy bodies in the future ensuring they all have long, happy healthy lives.



I have the right to eat nutritious food and  
drink clean, safe water.

Article 24 United Nations Convention on  
the Rights of the Child

## Shaftesbury Park Primary



School

**RED:** please do not include ...processed meat based products like sausage rolls, pies, pepperami. Chocolate and sweets. Fizzy and fruit juices.

**AMBER:** ideally only once a week ...low sugar cakes, pastries, biscuits and crisps

**GREEN:** please try to include everyday...

Water is the only drink allowed in school.

Starchy food: different types of bread (pitta, bagels, wraps, rolls and baguettes), pasta, rice, couscous.

Meat and alternatives: fish, eggs, beans and pulses.

Lean meat like turkey, ham and chicken.

Oily fish like pilchards, sardines and tuna. Cheese. Eggs like quiche or omelette. Dahl, stew or bean salad.

Dairy: milk, yoghurt, fromage frais, tzatziki.

Fruit and vegetables: add lettuce, cucumber or beetroot to sandwiches. Raw or roast vegetables. Fresh or dried fruit. Finger foods with dips e.g. carrot and humours or guacamole.

Left-over's like rice and curry, vegetable pizza, pasta and sauce.

Aim for a portion of fruit and vegetable each day.

## **Sandwich filling suggestions:**

- Chicken, lettuce and tomato
  - Grated cheese and carrot
  - Tuna and sweetcorn
  - Cheese and cucumber
  - Mashed banana
  - Houmous
- Cottage cheese, grated carrot and grated apple

## **Desserts suggestions:**

- Scones
  - Malt loaf
  - A flapjack
  - Yoghurt
- Teacakes

## **Fruit suggestions:**

- Seedless grapes
- Satsumas, tangerines or clementines (peeled and wrapped for younger children)
- Small bananas
- Cherries
- Apples (can be cut into pieces for younger children and brushed lemon juice to avoid browning)
- Plums
- Dried fruit such as apricots, dates or raisins
- Fruit salad (apples, satsumas, pears, pineapple chunks, kiwi fruit, grapes work well together. Bananas go brown so avoid. Canned fruit transferred to a pot (use fruit stored in natural fruit juices rather than syrup).