



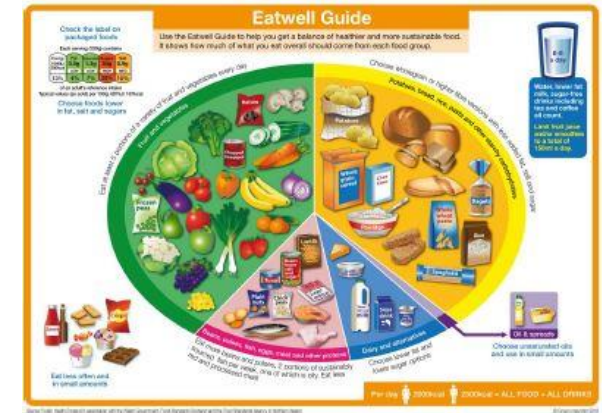
HEALTHY LUNCHES AND SNACKS GUIDANCE

Our Lady's Catholic Primary School is committed to ensuring the health and wellbeing of all children at school. We have recently developed some Guidance for Healthy Lunches and Snacks in order to improve food and drink across the school day. We hope that this guidance will help you pack a healthy lunch and snack for your child.

The Eatwell Plate

Your child's lunch box should be based on the Eatwell Plate. The Eatwell Plate 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 one 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 a different 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 drink in packed lunches (from home and those supplied by school):

Food / Drink	What is allowed?		What is NOT allowed?	Did you know?
Starchy foods <i>(include some every day)</i>	Sliced Bread or Rolls Wraps or Tortilla Pitta Bread Bagel Bread Stick Malt Loaf Fruit Bread Plain Scone English Muffin	Rice cakes Crispbread, Matzos Oat Cakes Chapatti Naan Potatoes Rice Pasta Cous cous	Danish pastry French fries PLEASE NOTE WE HAVE A NUT-FREE POLICY	<ul style="list-style-type: none"> A single Danish pastry can contain 50% of your child's daily recommended daily intake of fat, 35% of their saturated fat intake, 10% of their salt and sugar intake and one fifth of their daily calories A chocolate muffin contains more fat than a brownie, a cream and chocolate éclair, a slice of pizza or a bag of chips
Fruit and Vegetables <i>(include one portion of each)</i>	Fruit – fresh (frozen, tinned or dried in moderation and only if they have no added sugar) Raw vegetables / vegetable sticks, salad		Dried fruit bars, strings or winders with added sugar and fat	<ul style="list-style-type: none"> The average child in the UK eats less than half of the recommended 5 portions of fruit and vegetables every day
Milk and Dairy <i>(include one item every day)</i>	Yoghurts (natural or fruit) Cheese, Cheese Spread or Cottage Cheese Calcium Fortified Soya Milks Fromage Frais Rice Pudding		Yoghurt with Confectionery Corners (e.g. Chocolate, Toffee and Crumble) Flavoured Yoghurts (e.g. toffee)	<ul style="list-style-type: none"> Recommended Nutrient Intake for calcium is 450mg (4-6yr olds), 550mg (7-10yr olds), and 800-1000mg (11-18yr olds female and male respectively) A packed lunch with 25g cheddar (210mg Ca), small pot of fruit youhurt (153mg Ca), 2 slices granary bread (150mg Ca) = 513 mg calcium (50% required nutrient intake for Y6 pupil)
Meat, Fish and Alternatives <i>(include some every day)</i>	Lean Meat Quorn Vegetarian Sausages Eggs Tinned or Cooked Fish <i>(e.g. Tuna, Sardines)</i>	Hummus Lentils Tofu Falafel Kidney Beans Chickpeas	Breaded Meat (e.g. nuggets) Salami Peperami sticks Sausage rolls Bacon Processed ham and cheese meals	<ul style="list-style-type: none"> A single Pepperami stick in your child's lunch box every day equates to 16 packets of butter in one year and is 70% saltier than seawater A processed ham and cheese meal could provide 50% of your child's salt intake in one sitting
Extras	Crumpets Fruit Pancakes Plain Unsweetened Popcorn Cheese Cubes with Raisins Plain Melba Toast or Ryvita (add topping) A small cake OR biscuit (without chocolate) is allowed	Hot Cross Bun Fruit Bagel Teacake	Crisps or Mini Cheddars Foods Containing Chocolate Flavoured Crackers (e.g. Snack-a Jacks, Ryvita Minis) Cereal Bars Biscuits Chocolate Mousse or Trifle	<ul style="list-style-type: none"> A single cereal bar can contain 4 teaspoons (20g) of sugar A Capri-Sun juice drink, small bag of Mini Cheddars and chocolate bar equate to almost 1/3 of your child's daily calorie requirement
Drinks	Water (children bring in their own water bottles but water is freely available in class)		Juice Drinks (Ribena, Capri Suns, Fruit Shoots) Artificially-Sweetened 'Low Sugar' Drinks Fizzy Drinks Fruit Juice	<ul style="list-style-type: none"> A small carton of Ribena in your child's lunch box on top of their daily calorie requirements would amount to a gain of over half a stone in weight over the course of one year.

Children are specifically asked not to bring packets of sweets to school.