

Monitoring

To promote healthy eating we will talk to parents and carers and offer guidance on preparing healthy packed lunches. We will also be monitoring the content of packed lunches. Any sweets or sugary drinks will be sent home at the end of the day with a copy of the Healthy Packed Lunch leaflet as a reminder of the guidelines. Water will be provided as an alternative to sugary drinks.



We are grateful for your support in ensuring that all of the children at Bush Hill Park Primary School are given the opportunity to be the best they can be!



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Healthy Packed Lunches

Packing a healthy packed lunch

Why does your child need a healthy packed lunch?



Our school dinners are made to national standards of nutrition and provide children with a healthy lunch. Packed lunches should also be a healthy meal in the middle of the day. Children need a healthy lunch at school to give them energy for the day as well as the nutrients they need to grow healthily.



What does a healthy packed lunch look like?

A healthy, balanced packed lunch should contain:

- Starchy foods such as bread, rice, potatoes and pasta
- Protein including meat, fish, eggs and beans
- A dairy item which could be cheese or a healthy yoghurt
- Vegetables or salad, and a portion of fruit

An example of a healthy packed lunch includes:

- A tuna and sweetcorn wholemeal sandwich
- Small box of raisins
- Fruit yoghurt
- Water



We understand that children like to have something sweet. An un-iced cake, or a small packet of biscuits can be an option. Chocolate biscuit treats such as a 'penguin' bar are also allowed.

To help promote the healthy lifestyles in our school, foods such as fizzy drinks, chocolate bars, crisps and fried foods are not allowed. These foods contain high levels of caffeine, or additives and affect the children's ability to concentrate.

Special diets and allergies

Due to special diets and allergies children should not be sharing or swapping their packed lunches. Some children have nut allergies. To ensure the safety of all children please do not pack any food containing nuts.



What we can do to help?

We will offer any support or guidance needed to ensure your child has a healthy packed lunch. All staff at Bush Hill Park are here to help. If your child's diet follows verified medical advice, consideration will be given.

