

The aim of our policy is...

To keep up our success of being a Healthy School, we think all children should enjoy a healthy lunch. This guidance is to help packed lunches be as healthy as school meals which meet the School Food Standards.

www.schoolfoodplan.com/standards



This policy has been created in consultation led by our school council and supported by governors, staff and parents.

Why have a policy for packed lunches?

Eating a healthy packed lunch or school meal is important to help children stay healthy, feel good and improve their ability to learn.

Our packed lunch guidance has been developed in response to parent surveys and observations of children's packed lunches, that found some less healthy foods that can affect energy levels, concentration, behaviour and health.

A healthier packed lunch focuses on the four main food groups of the Eatwell Guide, foods in purple the small section are not allowed to be eaten in school.



St Margaret's Academy

PACKED LUNCH POLICY LEAFLET



Packed Lunch Guidance



Red foods

These foods are not allowed in school lunch boxes.



In this school we try to avoid too much chocolate and chocolate covered biscuits. Small cakes and biscuits could be included, for example as a Friday treat.

BIRTHDAY!



Birthday treats from a friend are fine - so long as you eat after school and with permission from your adult at home.



Amber foods

These types of foods could be included occasionally as part of a balanced packed lunch.



Snacks such as **low-calorie** crisps and sugar free sweets could occasionally be included (maybe as a Friday treat!) but could be replaced by healthier alternatives like crackers and breadsticks.



Processed meat products such as sausage rolls, pre-packed pies, corned meat and sausages should be included only occasionally.



Green foods

You can put these in lunch boxes everyday or as often as you like.



Fruit, vegetables and salad should be included daily. Meat / meat substitutes are also important. Starchy foods like bread, pasta, noodles are great! Dairy products are important as are non-dairy sources of protein. Yogurts are also nutritious.