



### **Foods to have less often**

- Confectionery foods e.g. chocolate bars, chocolate biscuits, cakes and sweets (Sweets and chocolate bars are not allowed in school)
- Food that contains a lot of salt, such as crisps and some other savoury snacks
- Processed meat, such as sausage rolls

These types of food are high in calories, fat (especially saturated fat) and salt. Extra calories can lead to weight gain. Saturated fats and salt can damage our heart and blood vessels. These are OK to enjoy as an occasional treat but are best avoided as a regular addition to your child's diet.



### **Healthy alternative**

- Fruit kebabs
- Handful of dried fruit such as raisins, apricots, figs or prunes will help your child on their way to 5 portions a day.
- Vegetables to your child's lunchbox, such as cherry tomatoes, or sticks of carrot, cucumber, celery or peppers.
- Plain popcorn, breadsticks, or dried mixed fruit (without added sugar) instead.
- Scones, currant buns, fruit bread, fruity flapjacks and granola bars.
- To ensure that your child gets enough calcium try to include a slice of low-fat cheese, a low-fat yoghurt or low-fat rice pudding.

### **Drinks**

- Make sure that your child has a named water bottle in school everyday as drinking water throughout the day will keep them hydrated and will help them to concentrate. They can have a carton of fruit juice in their lunch boxes and a water bottle for the classroom.
- Rather than drinks that are very high in sugar, such as fizzy drinks (which are not allowed in school) or 'juice drinks', please provide water.

### **Snack**

Healthy options such as fruit or vegetables (fresh or dried) will help your child with their learning and concentrations far better than processed foods such as crisps, cakes and biscuits. Many children (and adults) experience a 'low' after eating these processed, and often, sugary foods. Please ensure when preparing a playtime snack for your child that only fresh (or dried) fruit or vegetables are provided. \*Children in Reception and Key Stage 1 are provided with a piece of fruit or vegetable each day as part of the School Fruit and Vegetable Scheme (SFVS). This helps your child achieve 5 A Day. It is also preferable that children consume healthy snack options after school when taking part in extracurricular activities. We do not allow nut based products to be consumed in school due to the risk of children and adults with allergies being affected.

### **Useful Websites**

<http://www.childrensfoodtrust.org.uk/childrens-food-trust/parents/> <https://www.nhs.uk/Livewell/5ADAY/Pages/5ADAYhome.aspx> <https://www.nhs.uk/change4life> <https://www.bbcgoodfood.com/howto/guide/school-packed-lunch-inspiration> <http://www.goodtoknow.co.uk/food/recipe-collections/30-packed-lunch-ideas-29748>



**Happy  
Healthy  
Eating**





At Sutton C of E Primary we pride ourselves in being a healthy school which promote health and wellbeing to all its staff and pupils. This leaflet has been created as a guide to help parents and carers give their children varied and balanced food choices.

## Aim to eat 5 portions a day What is a portion?



Aim to eat 5 portions a day

What is a portion?

- An apple/ banana/ pear
- A bowl of salad
- 2 plums/ apricots/ satsuma
- 3 tablespoons of vegetables
- A handful/ a small packet of dried fruit
- A handful of grapes/ cherries



## What makes a healthy packed lunch?

- A good portion of starchy (carbohydrate) food e.g. bread, rice, pasta, tortilla wraps, pitta pockets, couscous, potato
- A protein source e.g. lean meat (no visible fat), fish, beans, lentils
- Plenty of fruit and vegetables
- A dairy source e.g. low fat yogurt, semi skimmed milk, cottage cheese, cheese
- A drink for hydration e.g. water, no added sugar squash, fruit juice, semi/skimmed milk

These foods provide lots of energy, vitamins and minerals, needed to help your child grow, stay fit and healthy.

## Tasty sandwiches

- Try to use either brown, wholemeal, granary or multi-grain bread for your child's sandwich. It is more filling than white bread and will help them concentrate for longer.
- There are many different types of bread that you can introduce your child to. Try to make their lunchbox more interesting by offering them a variety of sandwiches, rolls, tortilla wraps or pitta breads.
- Try to make sandwiches with low-fat fillings, such as lean meats, including ham or turkey, fish (such as tuna or salmon), cottage cheese, Edam, mozzarella, or sliced banana.
- Try to add some salad to your child's sandwich. Lettuce, tomatoes and cucumber can add flavour and colour to your child's lunchbox. Put it in a separate bag so it can be added at lunchtime to avoid it going soggy.



## Tasty Alternatives to sandwiches

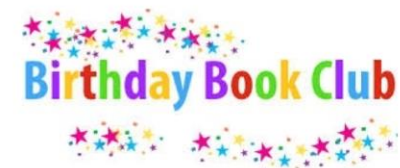
- In the summer, salads are light and refreshing and full of essential vitamins and minerals to benefit your child.
- Brown rice with lentils and other vegetables such as aubergine, peppers and spring onions can be healthy and filling as can a noodle salad.
- Pasta salads can also be a good option, such as pasta with tuna and avocado, or pasta with chicken, sweetcorn, cherry tomato and spinach leaves.



- Try making homemade pizza pinwheels or other recipes.
- Homemade frittata is a nice alternative.
- Homemade pizza with their favourite toppings.
- Pita bread and homemade dip.

## Tips for keeping packed lunches fresh

- Tips for keeping packed lunches fresh
- Try packing a frozen drink in the lunchbox in the summer; it will help to keep the lunch cool.
- If you make sandwiches the night before, store them in the fridge overnight.



## Birthday Celebrations

Due to our focus on healthy eating, we ask children not to bring in sugary snacks to celebrate their birthday. If the child would like to share something special as a birthday gift with the class, we ask this to be a donation of a book to the class (new or previously loved). In the book a label will be stuck so that the child can write a message to the class.