

Lunchbox Guidelines



At Hunsley Primary, all children in Reception, Year 1 and Year 2 are entitled to a free school meal so we really encourage our children to enjoy those meals. They are freshly-prepared and balanced meals, designed to give children food which follows the NHS national healthy food guidelines. Children can choose from a hot meal, including a vegetarian and a jacket potato option, and or a school sandwich. Our desserts range from fruit and yoghurt to healthy choices of cold or hot puddings with reduced sugar and nourishing ingredients. The lunches give long-lasting energy, as opposed to a quick burst of energy given by sugary food, which can leave a child feeling low on concentration and energy mid-afternoon.

Please do encourage your child to try our school menus. We think that they will love them!

If your child does not wish to eat the school meal on a specific day and brings a packed lunch, we ask that the packed lunch follows the same guidelines that the school kitchen follows, leaving sweet treats for teatime and making sure that your child has the same balanced and healthy lunch as their peers.

We advise that the following are not included in your child's lunchbox:

- Chocolate – any form of chocolate bar or chocolate-covered biscuit
- Sweets
- Sweet biscuits or cake bars
- Sugary spreads, e.g. jam sandwiches

Please do not include nuts or products containing nuts (e.g. peanut butter, nut-milk)

To help you put together a packed lunch which meets the guidelines and ensures your child is having a healthy meal, please see below the guidance from the NHS Change4Life website:



Keep them fuller for longer - Base the lunchbox on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.

Mix your slices - If your child doesn't like wholegrain, try making a sandwich from one slice of white bread and one slice of wholemeal/brown bread.

DIY lunches - Wraps and pots of fillings can be more exciting for kids when they get to put them together. Dipping foods are also fun and make a change from a sandwich each day.

Less spread - Cut down on the spread used and try to avoid using mayonnaise in sandwiches.

Cut back on fat - Pick lower fat sandwich fillings, such as lean meats (including chicken or turkey), fish (such as tuna or salmon), reduced-fat cream cheese, and reduced-fat hard cheese.

Ever green - Always add salad to sandwiches – it all counts towards your child's 5 A DAY.

Always add veg - Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A DAY. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.

Cut down on crisps - If your child really likes their crisps try reducing the number of times you include them in their lunchbox and swap for homemade plain popcorn or plain rice cakes instead.

Add bite-size fruit - Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown.

Tinned fruit counts - A small pot of tinned fruit in juice – not syrup – is perfect for their lunchbox and is easily stored in the cupboard.

Swap the fruit bars - Dried fruit such as raisins, sultanas and dried apricots are not only cheaper than processed fruit bars and snacks but can be healthier too. Remember to keep dried fruit to mealtimes as it can be bad for your child's teeth.

Watch the teeth! - Dried fruit counts towards your 5 A Day, but can stick to teeth so should only be eaten at mealtimes to reduce the risk of tooth decay.

Swap the sweets - Swap cakes, chocolate, cereal bars and biscuits for malt loaf, fruited teacakes, fruit breads or fruit (fresh, dried or tinned – in juice not syrup).

Go low fat and lower sugar - Go for low-fat and lower sugar yoghurt or fromage frais and add your own fruit.

Check your cheese - Cheese can be high in fat and salt so choose stronger-tasting ones – and use less of

For more information, please visit the following websites or follow the link on our webpage:

Change4Life

<https://www.nhs.uk/change4life-beta/food-facts>

Eatwell Plate

<http://www.nhs.uk/Livewell/Goodfood/Pages/the-eatwell-guide.aspx>