

Please note

- John Ball is a nut-free school.
- All children have access to milk and water at lunchtime so there is no need to provide a drink. However, children may bring a labelled water bottle with them and use it throughout the day.
- If pre-packaged items are sent in, please ensure that your child can open them independently.
- Please refer to the main Food Policy on the school website for guidance regarding birthday treats.

The whole school Food Policy can be viewed on the school website.

For more advice or information please read:

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



Healthy Packed Lunches for Children



Promoting a balanced diet in school

The guidance provided here is not exhaustive but will give you an idea of what a healthy packed lunch looks like.

At John Ball we understand the importance of healthy eating but also that occasional treats eaten outside of school can be included in moderation as part of a healthy balanced diet and active lifestyle. This guide has been written with reference to Eatwell guidance from NHS Choices and Children's Food Trust guidance.



What makes a healthy packed lunch?

A healthy packed lunch is a balanced meal providing a variety of nutrients essential for a child's wellbeing.

Try to include every day:

A portion of starchy foods –

- Bread (wholemeal or white bread/rolls, pitta bread or wraps)
- Other foods such as pasta, rice, couscous, noodles or potato salad
- Wholemeal /wholegrain versions of the above are best for fibre.
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A portion of meat, fish or other non-dairy protein

- Lean meat, such as chicken, turkey or ham
- Oily fish such as mackerel, salmon, sardines at least once every three weeks
- Eggs, Lentils, kidney beans, chickpeas, hummus, falafel

One portion each of fruit and vegetables

- Apples, bananas, pears, satsumas, grapes
- Carrot sticks, cucumber, celery, cherry tomatoes
- Pre-packaged fresh fruit salad is also good – preferably in juice
- Fillings, such as beetroot, grated carrot, lettuce, cucumber.

A portion of dairy –

- Milk (including soya, is available at school)
 - Cheese
- Yoghurt, fromage frais or creamed rice.

Packed lunches can occasionally include – (not more than once every two weeks):

- Processed meat products such as sausage rolls, pies, sausages, salami, meat spreads
- Fruit bread, malt loaf, cereal bars as part of a meal

Packed lunches should not include:

- Chocolate, confectionary, salted savoury snacks (nuts, crisps and similar), sweet biscuits.
- Fizzy drinks, energy drinks, fruit juice or smoothies
- Sandwich fillings such as jam or chocolate spreads

If your child does not have an adequate packed lunch in terms of quality or quantity or does not eat the contents, Midday Meals Supervisors will endeavour to provide a meal from the kitchen and inform the class teacher and Pastoral Care Manager who will in turn contact the parent/carer.