



Rushy Meadow Primary Academy's Guide to a Healthy Packed Lunch



Rushy Meadow Primary Academy recognises the benefits of a well- balanced hot school meal for children in the middle of the day, and would recommend this to parents and carers as the best option. However, should parents decide to send in a packed lunch from home, the following recommended guidelines set out by the British Nutrition Foundation should provide useful advice.

A child's lunch should include only the following:

- A portion of starchy food, e.g. wholegrain bread or roll, sesame seed pitta bread, plain crackers, pasta or rice salad
- Fresh fruit and vegetables, e.g. apple/orange/banana, cherry tomatoes, carrot sticks, mini fruit chunks
- A portion of milk or dairy food, e.g. cheese, plain/fruit yoghurt
- Small portion of lean meat, fish or alternative, e.g. two slices of ham, chicken, beef, Quorn, cheese, tuna, egg or hummus
- A drink – unsweetened fruit juice [not fizzy or diluted squash], water [not flavoured], milk [not flavoured]



The school asks parents DO NOT include the following items in packed lunches:

- Sweets such as Haribos, chocolate bars
- Fizzy drinks
- Any food containing nuts such as peanut butter spread, Nutella. **We have pupils in school with severe nut allergies.** We therefore respectfully ask that no nuts are knowingly brought onto the premises.



Beware of hidden sugar!

One large Capri Sun juice drink contains 1 ½ teaspoons of sugar! Would you put that much sugar in your tea? [One teaspoon of sugar weighs 5g.]

Check the label:

- Drinks stating that they contain no added sugar will have artificial sweetener [e.g. aspartame] instead. These are not recommended for young people
- Produce is high in sugar if it contains more than 10g or more of sugar per 100ml. Produce is low in sugar if it contains 2g or less per 100ml

Salt Warning!

Processed cheeses, e.g. cheese strings and cheese slices are high in salt.



Turn over for some healthy lunch box ideas....



Here are some healthy lunch box ideas...

Make easy swaps – for example, if your child likes something sweet, give them raisins or a small can or pot of chopped fruit instead of a chocolate bar. If they prefer savoury foods, give them plain popcorn, rice cakes or crunchy carrot sticks instead of crisps.

Pick low-fat sandwich fillings such as lean meats [e.g. ham or turkey], fish [e.g. tuna or salmon], cheese [e.g. edam, mozzarella or cottage cheese], or sliced banana.

Don't forget the dairy – low-fat custard, fromage frais, rice pudding or yoghurt are very popular and good for growing bones!

Always include a drink to help your child concentrate. Go for still water, semi-skimmed or skimmed milk or unsweetened fruit juice or a fruit smoothie.



Thank you for your support.