

National Healthy Eating Initiative

Packed Lunch Guidelines

Please retain this page for your records.

Packed lunches should aim to include:

- at least one portion of fruit and one portion of vegetables every day.
- meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus, peanut butter and falafel) every day.
- oily fish, such as salmon, at least once every three weeks.
- a starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day.
- dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.
- only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.

Packed lunches should not include:

- snacks such as crisps. Instead, include nuts, seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.
- confectionary such as chocolate bars, chocolate-coated biscuits and sweets. Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.
- Meat products such as sausage rolls, individual pies, corned meat and sausages/chipolatas should be included only occasionally, as these contain processed meat, that for example can contain high salt levels.

Please note that bringing in crisps, chocolate bars, chocolate biscuits, packets of sweets or fizzy energy drinks will result in confiscation.

If you would like to see the range of food provided in school, please visit our website at:

<http://www.bydales.outwood.com/catering-and-parent-pay>