



Healthy Packed Lunches at Bearwood

Now more than ever, maintaining children's health and well-being is a matter of importance. At Bearwood we aim promote a healthy lifestyle for our children which includes ensuring that they are eating a healthy packed lunch each day. A number of parents / carers have asked for clarification about what is allowed in a healthy packed lunch. In line with the Children's Food Trust, the following outlines what a healthy balanced packed lunch should include. Where possible, we advise that this guidance is followed when preparing a healthy packed lunch for your child.

What a healthy packed lunch should include:

A dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.

A drink of water, fruit juice or smoothie (max. 150ml), semi-skimmed, 1% fat or skimmed milk, yoghurt or another milk drink.

Meat, fish, eggs, or a non-dairy protein (e.g. lentils, kidney beans, chickpeas, houmous, falafel) every day.
(Oily fish, such as salmon, at least once every three weeks).

A starchy food such as any type of bread (white or wholegrain rolls, pitta bread or wraps), pasta, rice, couscous, noodles, potatoes or another cereal every day.

At least one portion of fruit every day.

At least one portion of vegetables every day.

Packed lunches can occasionally include:

- Meat products such as sausage rolls, individual pies, corned meat and sausages.
- Cakes and biscuits, but encourage your child to eat these as part of a meal.

Packed lunches should not include:

- **Nuts (or items including nuts – e.g. peanut butter spread, Nutella spread or kinder Bueno with hazelnut filling)**
- salty snacks such as crisps - instead include seeds, vegetables and fruit with no added salt, sugar or fat.
- confectionery such as chocolate bars, chocolate-coated biscuits, cereal bars, processed fruit bars and sweets.
- sugary soft drinks, such as squash and fizzy drinks (even if labelled as 'sugar-free', 'no-added sugar' or 'reduced sugar' as these drinks can contribute to tooth decay and provide little nutritional value).