



## HEALTHY EATING AT SCHOOL WE ARE A NUT AWARE SCHOOL

### **Break Time**

Children are allowed fruit or vegetables. The fruit can be fresh or dried but not coated in chocolate or yoghurt. “Granola” type bars often contain large amounts of additional sugars and as such are not a good choice for a snack. Fresh fruit is available to buy every morning break in the front playground for 10p or 20p.

### **Hot School Meals**

Following the introduction of Universal Free School Meals for infant schools, we strongly encourage you to continue school meals for your child. It is widely accepted that a balanced nutritious meal at lunch time helps children concentrate properly and learn effectively. This helps their behaviour, learning and achievement during the school day.

The hot school meal menu is carefully put together and monitored to ensure children have access to a balanced, nutritious meal and we currently serve more than half the children in school. The school meals are cooked freshly every day and include a two course hot meal and access to the salad and fruit bar. The meals are good quality from fresh ingredients and we have worked with our cook to ensure portion size is appropriate. Sometimes they include items which your child may be unfamiliar with but they are encouraged to try everything e.g. beetroot and peppers.

Information on payment for school meals can be found in this pack.

### **Healthy Packed Lunch**

If you decide to send your child with a packed lunch they will need a named lunchbox; **no carrier bags please.**

Lunchboxes are placed on the year group trolleys in the dining room every morning and need to be collected and taken back to class after lunch.

A balanced and nutritious lunch should contain four elements:

- Starchy foods: These are bread, rice, potatoes and pasta, and others.
- Protein foods: These are meat, fish, eggs, beans and others.
- A dairy item: This could be cheese or yoghurt.
- Vegetables or salad, and a portion of fruit.

Please do not include sweets, fast food, chocolate bars, fizzy drinks or canned drinks or **any** nut products in your child's lunch.

Please see the **HJS Suggestions for a healthy packed lunch** (grid overleaf) to ensure a healthy, balanced and nutritious lunchtime for your child.

### **Birthday Celebrations**

Due to the high numbers of children with food allergies, we ask that children do not bring in edible gifts such as cake or sweets on their birthday. If you would like to share a gift then a small item such as a pencil or rubber is more suitable.



## Suggestions for a

### Healthy Packed Lunch

DAILY ITEMS				OCCASIONAL TREATS	NEVER AN OPTION	
<p><b>Carbohydrates-Great for energy. Recommended 1/3 of lunchbox.</b></p>	<p><b>Protein foods-Supports growth.</b></p>	<p><b>A dairy item-Good for growing bones.</b></p>	<p><b>Vegetables, salad or fruit-Five-a-day options.</b></p>	<p><b>Drinks-Hydration is important.</b></p>	<p><b>Only one every few days and never more than one at a time.</b></p> <p><b>Children will not be allowed to eat them.</b></p>	
<p><b>Sandwich or wrap</b> wholemeal, granary, multi-grain or white bread, bread roll, pitta bread, naan, chapatti, bagel, tortilla/wrap, croissant.</p> <p>See protein for filling ideas.</p> <p><b>Other ideas</b> - pasta salad, rice salad, cous cous, potato salad, tabbouleh, crackers, crisp bread, oatcakes, rice cakes, corn cakes, cheesy biscuits, savoury flapjack, bread sticks, homemade popcorn. *Pizza slice, sausage roll, mini pasty, cheese and potato roll, samosa, pakora, spring roll, savoury muffin or scone, potato cake quiche, mini quiche or frittata* *Preferably homemade – not processed.</p>	<p><b>Fillings</b></p> <p><b>Meat</b> - wafer thin cooked meats, leftover cold meats (e.g. chicken, turkey, meatloaf, sausages).</p> <p><b>Fish</b> - tuna mayo, sardine fish paste.</p> <p><b>Vegetarian</b> - egg salad, egg mayo, grated cheese, cheese and pickle, cheese spread, cream cheese, meat substitute slices, cottage cheese, veggie sausages, vegetarian pate,</p> <p><b>Finger food</b> - hardboiled egg, scotch/ savoury egg, mini sausages, falafel, cubes of cheese.</p>	<p><b>Fruit yoghurt</b> - fromage frais or dairy-free alternative.</p> <p><b>Greek or plain yoghurt.</b></p> <p><b>Cold rice pudding/custard.</b></p> <p><b>Cheese</b> portion or cottage cheese.</p> <p><b>Dips</b> - tzatziki, raita, cream cheese and plain yoghurt.</p>	<p><b>Whole fruit</b> - apple, banana, peach, pear, plum, grapes, satsuma, (fruit in season) raisins, pumpkin or sunflower seeds, dried apricots, dates or prunes.</p> <p><b>Fruit salad pot</b> - any combination of prepared fruit (strawberries, orange, melon, mango, kiwi etc.), fruit jelly made with fruit pieces and pure fruit juice.</p> <p><b>Portion of tinned fruit</b> - mandarins, pineapple, peaches, fruit salad, pears.</p> <p><b>Salad pot</b> - prepared raw vegetables (e.g. cucumber, pepper, celery, cherry tomatoes, carrot, mange tout, slices of avocado sprinkled with a little lemon juice), coleslaw.</p>	<p><b>Water</b></p> <p><b>Fruit squash</b> - well diluted.</p> <p><b>Fresh fruit juice.</b></p>	<p><b>Crisps, corn chips or other savoury snacks.</b></p> <p><b>Chocolate item</b> - chocolate biscuit chocolate pancakes.</p> <p><b>Cakes</b> - muffin cupcake, small piece of cake, malt loaf, scone, jam tart, shortbread, flapjack.</p> <p><b>Biscuits</b> - cookie, gingerbread man, cereal bar.</p>	<p><u><b>Nuts and nut products.</b></u></p> <p><b>Nutella</b></p> <p><b>Sweets</b> - including processed fruit products e.g. wound up lengths of fruit jelly.</p> <p><b>Confectionary</b> - chocolate bar.</p> <p><b>Fizzy drinks.</b></p> <p><b>Hummus</b></p>

This list is not exhaustive but offers suggestions to help you provide your child with a healthy packed lunch. Please feel free to share ideas that work well for you and your family and we will happily update this list for the benefit of others. Thank you for your co-operation.



Hampton Junior School



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