

## Packed Lunch Guidelines

### What are the Packed Lunch Guidelines for?:

To help schools encourage parents to supply healthy packed lunches that are equally as nutritious and beneficial as hot school meals. Packed lunches should be nutritionally balanced and in line with the national 'School Food Standards', which hot school meals are required to comply to.

### What does this mean for parents?:

As the government have set nutritional standards for hot school lunches, we wish for children who eat packed lunches to have the same varied, balanced diet at school. Below is a quick checklist to help parents, children and school staff to see if lunches are healthy.

<i>Food Type</i>	<i>Example</i>	<i>How much?</i>
<b>Fruit and vegetables</b>	Apple, berries, carrot, cucumber, raisins, banana, tomato, pear, sugarsnap peas, orange, kiwi	At least 1 portion every day.
<b>Meat, fish, eggs, non-dairy protein</b>	Chicken, pork, beef, tuna, lentils, kidney beans, chickpeas, houmous, falafel	At least 1 portion every day.
<b>Oily fish</b>	Salmon, sardines, anchovies, mackerel	At least 1 portion every 3 weeks.
<b>Starchy food (inc. wholemeal bread)</b>	Pitta, rolls, wraps, sliced bread, pasta, rice, couscous, potatoes (not crisps), noodles, rice cakes (non-yoghurt or chocolate coated)	At least 1 portion every day.
<b>Dairy</b>	Semi-skimmed/ skimmed milk, cheese, low sugar yoghurt, fromage frais, low sugar custard pot	At least 1 portion every day.
<b>Drink (Schools provide free water)</b>	Water, fruit juice*, smoothie* (*maximum 150ml), semi-skimmed/ skimmed milk, low sugar yoghurt drink	At least 1 portion every day.
<b>Meat products</b>	Sausage roll, individual pies, corned meat, sausages	Occasionally, not every day
<b>Cakes and biscuits**</b>	Angel slice, jammy dodgers, bakewell tart, oreos, flapjacks *(Look for snack sized and reduced sugar/fat versions. Does not include chocolate)	Occasionally, not every day (encourage child to eat as part of a meal)
<b>Salty snacks</b>	Crisps, nuts	Not to be included
<b>Confectionary</b>	Chocolate, chocolate coated biscuits, cereal bars, processed fruit bars, sweets	Not to be included
<b>Sugary soft drinks</b>	Squash, fizzy drink (even if no added sugar or reduced sugar), fruit shoot, capri sun	Not to be included

### I struggle to meet the 'Rate-my-lunch Challenge' guide/ my child has dietary requirements, can I order hot school meals?:

Let us know if your child has allergies or intolerances so we can work with you. Faith or vegetarian meal requests will also be respected. Our caterer Chartwells, cater for dietary requirements where possible. To ask about a special diet please email [westsussexspecialdiets@compass-group.co.uk](mailto:westsussexspecialdiets@compass-group.co.uk).

### What if I don't follow the Packed Lunch Guidelines?:

The school advise parents to follow the guidelines, so that all children can eat healthily at school. School staff will continue to monitor packed lunches, along with the hot school meals service. Be advised that our hot school meals meet the Governments School Food Standards and is independently checked and endorsed.

For more information on Chartwells or to book meals, visit: [www.loveschoolmeals.co.uk](http://www.loveschoolmeals.co.uk) or call 01243 836130.

**Did you know?** Only 1.6% of primary school packed lunches met the Governments School Food Standards that hot school meals are required to meet?

\*As shown in research by the University of Leeds, 2016.

You may like to use this activity to see how healthy your lunches are:

### Rate-my-lunch Challenge!

Take a look at your lunch and see what boxes you can tick! Look at the food group or the picture, and put a tick in the box next to it if it is in your lunch across the week. You should be able to **tick the green boxes every day, the amber boxes 2-3 days out of 5, and the red boxes should stay empty!** How well did your lunches do? Take a look at the Change4life website for tips and sugar swaps: <https://www.nhs.uk/change4life/food-facts/sugar>

**Green** = Everyday Well done if you are ticking green!

**Blue** = Once every 3 weeks (as a minimum).

**Amber** = 2-3 days a week is fine for a treat.

**Red** = None at school please.



Food Type	Examples	Is it in your lunch today?					
		Example	Mon	Tue	Wed	Thu	Fri
Fruit and veggies							
Meat, fish, eggs, non-dairy protein		✓					
Starchy food (normally light brown)		✓					
Dairy (milky food)		✓					
Drink		✓					
Oily fish		✓					
Meat products							
Cakes and biscuits		✓					
Salty snacks							
Confectionery							
Sugary soft drinks							

**Did you know?** Less than a fifth of packed lunches contained vegetables or salad, while more than half contained too many sweet snacks? \*University of Leeds, 2016.  
Don't let your packed lunches be unhealthy!