



GREEN OAKS  
PRIMARY ACADEMY

# Healthy Snack and Packed Lunch Guidelines



At Green Oaks Primary Academy, we acknowledge the important link between a healthy diet and the ability to learn effectively. We aspire to improve the health of the school community by teaching ways to establish and maintain lifelong healthy eating habits. Our Healthy Snack Policy ensures children will enjoy a low-fat, low-salt and low-sugar snack during morning break that will fuel their bodies effectively and keep them going until lunchtime.

### Snack Guidelines

Year Group	Snack Arrangements
Nursery and Reception	School buys and provides snack (small financial contribution from parents)
KS1 (Years 1 and 2)	School Fruit and Vegetable Scheme. Children in KS1 are provided with free fruit or vegetables during morning break as part of the Government Fruit and Vegetable Scheme.
KS2 (Years 3,4,5, and 6)	Children may bring in their own piece of fruit/veg to eat at morning break.

- Water is available in classrooms for children to drink throughout the day either in the children's own water bottles or in bottles/cups provided in the classroom. Please see your children's class teacher to confirm the drink arrangements in their classroom.
- Milk is available free of charge for nursery and reception children up to the age of 5. Please see your child's teacher to sign up for this.
- Milk is available at a subsidised cost for all children from reception up to Year 6. This can be paid for in advance and your child will receive a carton of milk each day at break time. Please contact the school office for more information or to sign up for this service.

### Packed Lunch Guidelines

At Green Oaks Primary Academy we are following government packed lunch advice. These guidelines will ensure that all children will benefit from eating quality food during the school day.

Packed lunches should include the following: (based on Government advice)

1. **Bread, Rice, Potatoes, Pasta** These starchy foods are a healthy source of energy. Packed lunches should include 2 or more portions e.g. pasta salad, sandwich or wrap.
2. **Fruit and Vegetables** These foods provide vitamins, minerals and fibre. Lunches should include at least 1 portion of fruit and 1 portion of vegetables / salad, or more e.g. carrot/cucumber sticks, cherry tomatoes, a piece of fruit.
3. **Milk and Dairy foods** These foods provide calcium for healthy bones and teeth. Include 1 portion at lunch e.g. yoghurt, fromage frais, milk.
4. **Meat, Fish, Eggs, Beans** These foods provide protein for growth. Packed lunches should include 1 portion of these foods e.g. boiled egg as filling in sandwich, mixed bean salad.
5. **Drinks** – any drinks provided in lunch boxes should only include either plain water, milk (semi-skimmed), unsweetened fresh fruit juice, diluted fresh fruit juice or cordial.

### Treats

We recognise that a “treat” is part of a packed lunch and encourage children to choose a healthier treat rather than traditional crisps or chocolate biscuits. Ideas for healthier treats can be found on our packed lunch builder sheet (attached) or take a look at <https://www.nhs.uk/change4life/food-facts/healthier-snacks-for-kids/100-calorie-snacks> for ideas.

### Foods **not** to include:

- **Fizzy / sugary drinks in cartons, bottles or cans**
- **Chocolate-coated biscuits, sweets or confectionary**
- **Chocolate spread as a filling for sandwiches**
- **Chewing gum**
- **Sugared / toffee and salted popcorn,**
- **Crisps or any packet savoury snacks high in salt and fat**
- **Salted nuts**
- **Energy drinks**
- **Nuts of any kind – including peanut butter and nut-based chocolate spreads**
- **Processed meat products**

## Waste and Disposal

The school will, within reason, send any uneaten packed lunch food items back home. This is so parents can monitor what their child has consumed during the day and then raise any concerns over their child's food intake with the school.

## Other considerations:

- **Packed Lunch Containers:** It is the responsibility of the parents / carers to provide an appropriate packed lunch container where food items can be stored securely and appropriately until the lunchtime period. Reusable plastic containers with a fitted lid are ideal.
- Any spoons or forks needed should be provided by parents/carers.
- Parents are advised to include a small ice pack.

## Monitoring:

There will be a range of ways that staff will monitor the contents of packed lunches to ensure they meet the healthy packed lunch guidelines. Lunch staff will be able to award stickers to children who bring in healthy items in their packed lunches. Positive/Healthy choice slips – can be given out by staff to acknowledge that children have brought in healthy packed lunch items. If children consistently bring in unhealthy items or do not follow the guidelines set out in this policy letters will be sent home to parents.

## Further information:




























<https://www.greenoaksprimaryacademy.org/>

<https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

<https://www.nhs.uk/change4life/>

# Packed lunch builder

Choose one from each row. What will your packed lunch look like today?

<b>1. Bread, rice, potatoes or pasta</b>	Sandwich 	Wrap 	Pasta salad 	Rice salad 
<b>2. Fruit</b>	Banana 	Kiwi 	Strawberries 	Apple 
<b>3. Vegetables</b>	Pepper sticks 	Cucumber sticks 	Cherry tomatoes (halved) 	Carrot sticks 
<b>4. Milk and dairy foods</b>	Low sugar Yogurt 	Milk drink 	Cheese round 	Cheese triangle 
<b>5. Meat, fish, eggs or beans</b>	Egg (as a sandwich filling or in salad) 	Turkey (as a sandwich filling/in salad) 	Chicken (as a sandwich filling or in salad) 	Tuna (as a sandwich filling or in salad) 
<b>6. Drink</b>	Water 	Small carton of milk 	Diluted squash 	Small carton of fresh fruit juice 
<b>7. "Healthier" Treat</b>	Sugar-free Jelly 	Plain rice cake 	Malt loaf 	Low sugar rice pudding 