

Carrwood Primary School Healthy Packed Lunch Expectations

Aim

To ensure that all packed lunches brought from home and eaten in school provide pupils with healthy and nutritional food in line with the food served in our school meals.

At Carrwood we aim to:

- ◇ Make positive contributions to our pupil's health and our healthy school status.
- ◇ Promote consistency between packed lunches and the food provided in school.
- ◇ Encourage a happier and calmer atmosphere for pupils and staff by ensuring equality of the food consumed in school.

At Carrwood we will:

- ◇ Provide facilities for pupils bringing in packed lunches and ensure that fresh drinking water is readily available at all times.
- ◇ Continue to communicate with parents and advise them of any updates or amendments to our expectations.
- ◇ Where possible, ensure that packed lunch pupils and school meal pupils will be able to sit and eat together.

Under 5 Choking Hazards Food Safety Advice

For babies & young children, food can be a choking hazard,. Choking can happen with any food, but 'firm foods', bones & small round foods can easily get stuck.

- ◇ Make sure food is **suitably prepared and served** for babies & children under 5.
- ◇ **Think about size, shape & texture.** Cut food into narrow batons, avoid round shapes and firm foods. Cook firm fruit & vegetables.
- ◇ Make sure young children are alert & seated upright whilst eating.
- ◇ Supervise babies & young children at all times while eating so you can identify the early signs of choking and prevent harm.
- ◇ Encourage babies & young children to chew food well. Teach children how to chew & swallow food properly & make sure they take their time during meals. This will reduce their risk of choking.

How to stop a child from choking: <https://www.nhs.uk/conditions/baby/first-aid-and-safety/first-aid/how-to-stop-a-child-from-choking/>

How to resuscitate a child: <https://www.nhs.uk/conditions/baby/first-aid-and-safety/firstaid/how-to-resuscitate-a-child/>

Please see the tips below for what should be included in a healthy lunchbox, this information is from the NHS, Healthier Families website. We have also included the Early Years food choking hazards guidance from food.gov.uk.

Cakes, biscuits and flavoured water are allowed, but should be part of a balanced meal. We ask that you **DO NOT** include chocolate bars, sweets or sugary drinks in your child's lunchbox.



DIY lunches

Wraps and pots of fillings can be more exciting for kids when they get to make them. Dipping foods are also fun and a nice change from a sandwich each day.



Mix your slices

If your child does not like wholegrain, try making a sandwich from 1 slice of white bread and 1 slice of brown bread.



Ever green

Always add salad to sandwiches and wraps too – it all counts towards your child's 5 A Day!



Always add veg

Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A Day. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.



Yoghurts: go low-fat and lower-sugar

Pop in low-fat and lower-sugar yoghurts or fromage frais and add your own fruit.



Cheesy does it...

Cheese can be high in fat and salt, so choose stronger-tasting ones – and use less of it – or try reduced-fat varieties.



Cut down on crisps

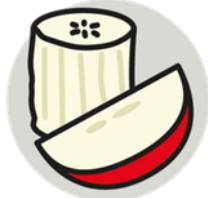
If your child really likes their crisps try reducing the number of times you include them in their lunchbox, and swap for homemade plain popcorn or plain rice cakes instead.



Tinned fruit counts too

A small pot of tinned fruit in juice – not syrup – is perfect for a lunchbox and easily stored in the cupboard.

Lunchbox Tips



Add bite-sized fruit

Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes (lengthways) or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown.



Get them involved

Get your kids involved in preparing and choosing what goes in their lunchbox. They are more likely to eat it if they helped make it.



Swap the fruit bars

Dried fruit like raisins, sultanas and dried apricots are not only cheaper than processed fruit bars and snacks but can be healthier too. Just remember to keep dried fruit to mealtimes as it can be bad for teeth.



Variety is the spice of lunch!

Be adventurous and get creative to mix up what goes in their lunchbox. Keeping them guessing with healthier ideas will keep them interested and more open to trying things.



Switch the sweets

Swap cakes, chocolate, cereal bars and biscuits for malt loaf, fruited teacakes, fruit breads or fruit (fresh, dried or tinned – in juice not syrup).



Cut back on fat

Pick lower-fat fillings – like lean meats (including chicken or turkey), fish (such as tuna or salmon), lower-fat spread, reduced-fat cream cheese and reduced-fat hard cheese. And try to avoid using mayonnaise in sandwiches.



Freeze for variety

Keep a small selection of different types of bread in the freezer so you have a variety of options – like bagels, pittas and wraps, granary, wholemeal and multigrain.



Keep them fuller for longer

Base the main lunchbox item on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.



Plan to Eatwell

The guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet. It can be really useful when thinking about what goes into kids' lunchboxes.

[The Eatwell Guide](#)