



## Promoting a healthier Secondary School environment –

### Food brought in from home polite notice

Schools and their governing bodies have a key role to play in making sure the whole school has a healthy eating culture, and we hope to encourage this through this policy.

We want all of our students to be fully fuelled and ready to tackle the school day. With that in mind we are looking to introduce some guidance for students and parents surrounding food brought in from home.

Since October 2016 we have been looking to eliminate snacks that are high in fat, salt and sugar in favour of healthier options. Healthier snacks will in turn help students to concentrate and focus better in class thus leading to better academic grades which in turn will contribute to their success in early adult hood.

With the help of a Nutritionist, we have put together some simple tips for helping you create the ideal packed lunch.

#### For a balanced packed lunch select these healthier foods and drinks:

	<b>Fruits and Vegetables</b>	Try to include at least one a day. Any fruit and vegetables can be included, fresh, tinned, dried.	✓
	<b>Meat and Alternatives and Oily Fish</b>	For sandwiches choose a protein filling every day or include in your favourite salad. Tuna, salmon make delicious fillings for sandwiches and are good in salads too.	✓
	<b>Starchy Food</b>	All varieties of bread are acceptable, along with pasta, rice, crackers to add variety.	✓
	<b>Milk and Dairy Food</b>	Milk and dairy products provide essential calcium. Chunks of cheese, yoghurt, fromage frais, custard pots, rice pudding tubs. Include daily.	✓
	<b>Drinking Water</b>	Free, fresh drinking water is available at lunch time or have water from home.	✓
	<b>Healthier Drinks</b>	The preferred drinks are water, milk, pure fruit juice.	✓



**Avoid including these foods in packed lunches every day, there are lots of healthier options:**

	<p><b>Fatty snacks such as crisps</b></p>	<p>It is preferable that snacks such as crisps are not added every day as they are high in salt and fat</p>	
	<p><b>Confectionary</b></p>	<p>Our food policy advises that chocolate and sweets should be avoided in lunch boxes. Cakes and biscuits are fine as part of a balanced meal. Try batch baking and freezing your homemade cakes and biscuits. Avoid having jam and chocolate spread for sandwiches regularly.</p>	
	<p><b>Pastry/Meat Products</b></p>	<p>These are high in fat and should only be in lunch boxes occasionally.</p>	
	<p><b>Drinks</b></p>	<p>Please do not send fizzy drinks into school. Look at drink labels and try and avoid very sugary drinks e.g. <i>fruit juice drinks</i>.</p>	

For more information on healthy packed lunch recipes, please visit the Childrens Food Trust

<http://www.childrensfoodtrust.org.uk/childrens-food-trust/parents/your-childs-food-at-school/packed-lunches/packed-lunch-information/>

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