

# New Food Standards and Lunch Boxes

From today, under the new Common Inspection Framework, Ofsted will be inspecting food in school as part of their visits.

There are already rigorous standards, which our hot meals have to meet but we have a duty to make sure that all food the children eat in school is nutritionally beneficial.

According to research, only around one in a hundred packed lunches in England meet children's nutritional needs.

A balanced diet is about eating lots of different foods to get the nutrients you need, and it's hard to get that variety into lunchboxes (but much easier to do in a hot school meal).

We need to work together to ensure children are eating the right foods now so they can grow into healthy adults and prevent obesity tooth decay and other diet related conditions such as type 2 diabetes.

With all this in mind, we are reviewing our School Food Policy and this includes what we allow in packed lunches. On the reverse of this letter are the Government guidelines for packed lunches that we will be using in our Policy.

We would welcome your feedback. If you have any comments to make about the provision of food in School, what we teach about food or have any suggestions of how to make our School a healthier place, please write them below and return to the Office. Thank you.

Children's packed lunches should contain:

### **Bread, Rice, Potatoes, Pasta**

These starchy foods are a healthy source of energy. Packed lunches should include 2 or more portions eg. pasta salad, sandwich.

### **Fruit and Vegetables**

These foods provide vitamins, minerals and fibre. Lunches should include at least one portion of fruit and one portion of vegetables/salad, or more eg. carrot/cucumber sticks, cherry tomatoes, a piece of fruit.

### **Milk and Dairy foods**

These foods provide calcium for healthy bones and teeth. Include one portion at lunch eg. yoghurt, fromage frais, milk (milk is readily available in the canteen for all children).

### **Meat, Fish, Eggs, Beans**

These foods provide protein for growth. Packed lunches should include one portion of these foods eg. boiled egg as filling in sandwich, mixed bean salad.

**Drinks** - any drinks provided in lunch boxes should only include either plain water, milk (semi-skimmed), unsweetened fresh fruit juice, diluted fresh fruit juice, fruit or dairy based smoothies.

Please support School by not including foods and drinks high in fat and/or sugar. This is why cakes, biscuits and pastries will no longer be available to buy in the canteen.

To ensure consistency and to keep packed lunches in line with food standards for school meals, packed lunches **should not contain the following:**

Fizzy/sugary drinks in cartons, bottles or cans

Chocolate-coated products

Sweets and confectionary

Chocolate spread as a filling for sandwiches

Sugared/toffee and salted popcorn

Crisps or any packet savoury snacks high in salt and fat

Salted nuts

Energy drinks