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Packed Lunch Policy

Supporting letter

The Leeds Packed Lunch Standards inform our policy along with feedback from key stakeholders. A copy of the policy and the standards are attached to this letter. The ultimate aim of the policy is:

"To ensure that all packed lunches brought from home and consumed in school (or on school trips) provide pupils with a healthy, balanced and nutritious lunch, promoting equality for all pupils."

Below is a picture from the Leeds Healthy Schools guidance showing which food are and are not permitted



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Red foods
These foods are not allowed in school lunch boxes.

- Chocolate bars or sweets
- Crisps
- Cereal bars (these can be high in fat and sugar).
- Chocolate biscuits and cake bars
- Processed fruit products such as winders (these can be high in sugar).
- Sugary drinks such as Caprisun, Ribena, squash, fizzy drinks and energy drinks.

Amber foods
These types of foods could be included occasionally as part of a balanced packed lunch.

- High salt or fat snacks such as crisps, snack-a-jacks, crackers, bread sticks.
- Small plain or fruit cakes such as scones, tea cakes or malt loaf.
- Plain biscuits, flapjacks or fig rolls
- Processed meat products such as sausage rolls, pies, corned beef, pasties, pepperami or sausages.

Green foods
You can put these in lunch boxes everyday or as often as you like.

- 1 portion of fruit and 1 portion of vegetables. This could include fresh, tinned or dried.
- A type of starchy food such as bread, pasta, pittas, bagels, wraps etc. Try to include wholegrain varieties.
- Meat, fish or other sources of non-dairy protein (e.g. lentils, kidney beans, quom, chickpeas, houmous, eggs).
- Dairy food such as milk, cheese, yoghurt or fromage frais.
- Oily fish such as salmon or sardines at least once every three weeks (tinned tuna doesn't count).
- Only water as we provide all pupils with free fresh drinking water throughout the day and at lunchtimes.

Exceptions

Due to original feedback from parents and children, we have decided that a small treat e.g. crisps, fruit muffin or a cereal bar will be permitted on a **Friday**. Chocolate is not permitted as part of a packed lunch in the school.

It is clear from the pupil questionnaires that children would like their packed lunches to be as healthy as they can be. During lunchtime, children will be rewarded for the healthy packed lunches that they bring. The School Food Ambassadors will choose four children every week to receive a certificate. At the same time, reminds will also be given if there are any unhealthy lunchboxes.

Below you will find some examples of healthy packed lunches and some creative healthy food ideas.



5 steps to a healthy tasty packed lunch!

STEP 1:

Choose your starchy food + a source of protein

Starchy food

Sources of protein

- Bread
- Wrap
- Pitta
- Bagel
- Pasta
- Noodles
- Chapati
- Rice
- Potatoes

- Kidney beans
- Chicken
- Mackerel
- Eggs
- Beef
- Tofu
- Ham
- Turkey
- Tuna



STEP 2:
Add some salad and/or a side portion of vegetables

- Grated carrot or carrot sticks
- Sugar snap peas
- Pepper sticks
- Lettuce
- Cucumber
- Tomato
- Sweetcorn
- Onion
- Rocket
- Calory



STEP 3:

Choose something sweet ... fruit!

- Tinned pineapple in Juloo
- Tinned peaches in Juloo
- Apple, Grapes, Raisins, Kiwi
- Banana, Mango, Melon
- Dried apricots



STEP 4:
Add a nutritious snack and/or some dairy

- Crackers with peanut butter or houmous
- Small plain or fruit cake
- Bread sticks and dip
- Portion of cheese
- Fromage Frais
- Nuts or seeds
- Rice pudding
- Fruit loaf
- Yoghurt



STEP 5:

WATER!



Creative ideas and top tips for exciting packed lunches

EAT ME
Write little notes or surprise messages in lunchboxes.

Use fun and colourful Tupperware and swap it throughout the week.

Use stickers in and on lunch boxes to reward children for choosing to eat the healthy option in their lunchbox.

Play the smart swaps game - ask your child/children to swap food items to healthier alternatives. It's not about cutting food out but just making similar swaps.



MENU
Create a menu for the week and ask your child/children help and take ownership for their own menu. Make sure you guide them to choose a balance in line with the packed lunch standards.



How to include more fruit:

Core and slice an apple then put it back together and pop an elastic band around it - bite size crunchy slices that are ready to eat and won't go brown!



Make fruit kebabs - putting fruit on a stick makes it much more exciting!



Make a pick 'n' mix style fruit selection - more colours, more flavours and more fun.



Mix grated hard cheese with grated apple a squeeze of lemon and a little mayonnaise - this makes a fruity coleslaw!

How to include more vegetables:



Try sticks of carrot, cucumber or pepper or cherry tomatoes. Children are much more likely to eat veg if it's in bite-sized pieces, and if they don't have to peel it themselves.



Try grated carrot or pepper as sandwich fillers - these are sweet and crunchy and less likely to make bread go soggy.



Pasta and rice salads are an easy way to pop some extra veg in - try pea, sweetcorn, grated carrots, courgette, celery or pepper.



Happy packing,

The staff and School Food

Ambassadors of Rothwell Primary School.



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