

THE LEEDS Packed Lunch Policy

TOOL 1

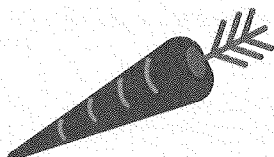


Food Group

How often

Key policy information and tips

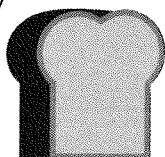
Fruit and vegetables



One or more portion of fruit every day
One or more portion of vegetables or salad every day

Fruit should be included as a dessert two or more times a week.
Try to include three different fruits and three different vegetables each week.
Options can include fresh, tinned (in natural juices) or dried.
Pulses and beans count as vegetables.
Try to go for different colours and think of creative ways to present them so they are more appealing.

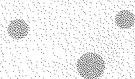
Starchy food



One or more portions every day

Try to include three or more different starchy foods each week. This could include bread (wraps, pittas, bagels), pasta, rice, potatoes, or couscous.
Include a wholegrain variety at least one a week. You could try 50:50 bread or mix white and wholegrain pasta/ rice together.

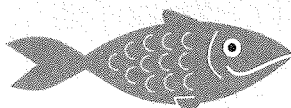
Milk and dairy



One portion every day

This includes plain milk, cheese, yoghurts and fromage frais.
Check the labels on yogurts as many are high in sugar. Choose yoghurts containing real fruit where possible.
Freezing yoghurts is a great way to keep lunchboxes cool; they'll defrost by lunchtime.

Meat, fish, eggs, beans and other non-dairy sources of protein



One portion every day
A portion of oily fish once or more every 3 weeks

Try to include a variety. This could include chicken, ham, tuna, beans, lentils, cheese, houmous, soya, quorn, tofu, eggs, beef, chickpeas, salmon*, mackerel*, sardines*
For vegetarians, include a portion of non-dairy protein (a protein food other than cheese) on three or more days each week. This could include lentils, chickpeas, humus, soya, quorn, tofu, eggs, beans etc.

Foods high in fat, sugar and salt



Plain/ fruit cakes and biscuits once or twice per week

A small cakes or biscuit is allowed occasionally as part of a balanced lunch and must not contain any confectionary. This could include scones, fruit loaf, plain muffins, flapjacks, plain biscuits.

No confectionary* items

* Confectionary items include: sweets, chocolate bars, cereal bars, processed fruit bars, anything coated in chocolate.

Limit snacks

Crisps are not permitted. Crackers, breadsticks, oatcakes and rice cakes can sometimes be included as part of a balanced lunch.

Healthier drinks*



Water is available every day

Free, fresh drinking water is provided by school for all pupils. Therefore there is no need to include an additional drink.

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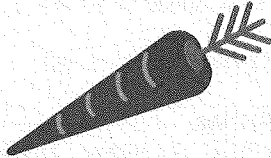
TOOL 1



Food Group

Why this food group is important

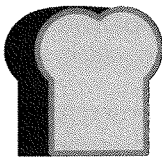
Fruit and vegetables



Fruit and vegetables are a good source of essential vitamins, minerals and fibre.

Eating fruit and vegetables helps to keep children healthy and reduces the risk of disease for later life.

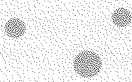
Starchy food



Starchy food is an important source of energy and B vitamins.

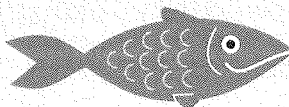
Wholegrain varieties are a good source of fibre which is important for healthy digestion.

Milk and dairy



Dairy products are an important source of energy, protein, calcium and vitamins.

Meat, fish, eggs, beans and other non-dairy sources of protein



These foods provide protein and essential minerals including iron and zinc.

*Oily fish provides omega 3 fatty acids (which are beneficial to health and learning), vitamins A and D.

Tinned tuna is not an oily fish as the omega 3 is lost in the canning process.

Foods high in fat, sugar and salt



Foods from this food group are often high in energy (calories) but provide few other nutrients.

High sugar intake can lead to unhealthy weight gain and tooth decay.

Reducing "unhealthy" fats can help reduce the risk of heart disease and unhealthy weight gain.

Too much salt can potentially lead to high blood pressure in later life.

Healthier drinks*



Sugar sweetened drinks have no nutritional value, contribute to weight gain and tooth decay.

Artificial sweeteners can give children a sweet tooth and make them crave sugary items.

It is important to encourage pupils to stay hydrated throughout the school day by drinking water.