

What about snacks such as crisps, cakes, pastries and sweets?

- Snacks such as crisps should not be included. Instead include nuts, seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice. 
- Confectionery such as chocolate bars and sweets should not be included. Cakes and biscuits are allowed but these should be part of a balanced meal. 
- Meat products such as sausage rolls, individual pies, corned meat and sausages/ chipolatas should be included only occasionally.

The school will carry out monitoring of packed lunch provision - where there may be concerns over a child's food/nutrition intake and/or content of packed lunches, this can be dealt with sensitively.

If you have any questions regarding your child's packed lunch please do not hesitate to contact school.



Annfield Plain Infant School Packed Lunch Information

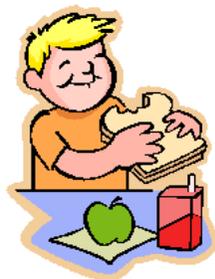
To grow and stay healthy children need to eat a nutritionally well balanced diet. Schools are influential setting and can contribute significantly to improving the health and well-being of pupils.

Good nutrition in childhood can help to prevent a variety of health problems, both in the short term and later in life. There is increasing concern that many children are consuming too much fat, sugar and salt and too little fibre, fruit and vegetables.

Packed lunches can contribute to almost a third of a child's weekly food intake and therefore need to be balanced and nutritious. Schools are required to positively promote the health and well being of its pupils. Work around healthy eating is a high priority of the Every Child Matters Agenda.

The content of lunchboxes needs to reflect the requirement of schools to meet the food based standards for school meals. Lunchboxes in some schools can be extremely unhealthy and recent audits of lunchboxes have shown that in the main they contain foods high in levels of fat, sugar and salt and very few fruit and vegetables.

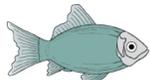
The short term effects of unhealthy packed lunches and food intake can include poor growth, tooth decay, obesity, anaemia, constipation, poor concentration and behavioural problems which may have an impact on a child's learning.



What's in a Healthy Packed Lunch?

A child at school should have about a third of their daily nutrient requirements at lunchtime. This means they need foods that are going to provide them with enough energy, protein, fibre, vitamins and minerals.

A healthy packed lunch should contain a mix of foods. The School Food Trust packed lunch guidelines are:

- One portion of fruit and one portion of vegetable or salad every day. 
- Meat, fish or another source of non-dairy protein should be included every day. Non-dairy sources of protein include lentils, kidney beans, chick peas, hummus, peanut butter and falafel. 
- A dairy food, such as semi-skimmed or skimmed milk, cheese, yoghurt, fromage frais or custard should be included every day. 
- Include only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, milk drinks or smoothies. 

