



## Brookfield Primary Academy Healthy Lunch Boxes



Research shows that when children eat well at lunchtime they perform better in class in the afternoon.

### Therefore it is recommended that all lunch boxes include...

At least one portion of fruit (e.g. banana, apple, orange, grapes, dried fruit, cherry tomatoes) should be included each day.



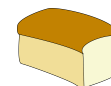
At least one portion of vegetables e.g. carrot sticks, cucumber, celery. These ingredients could be added to a sandwich or sweetcorn added to pasta.



Meat, fish or other source of non-dairy protein (e.g. chicken, turkey, ham, beef, pork, tuna, lentils, kidney beans, chickpeas, hummus and falafel) should be included every day. (Oily fish such as salmon or tuna at least once every three weeks).



A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day (e.g. pitta bread, tortilla wraps, rice cakes, oat cakes) should be included each day.



Dairy food such as milk, cheese, yoghurt, fromage frais or custard should be included every day.



Drinks should be only water or milk.



An example of a recommended lunch box could be a chicken salad wrap, an apple, yoghurt, a low sugar flap jack and a drink of water.

## Special Dietary Needs And Food Allergies

We are sensitive to the catering needs of children with specific dietary needs, including religious considerations. We have children at Brookfield Primary who have allergic reactions to nuts; they require Epipens. Packed lunches must NOT include products that contain nuts (i.e. NO Nutella and NO peanut butter).

**WE ARE A NUT FREE SCHOOL**



School meals cater for children with special dietary needs and food allergies. Children can choose daily if they wish to have a school meal.



## Healthy Food

The government introduced new food standards in schools from January 2015. Our packed lunch policy was written and approved by the School Meals Working Party, School Council, Parent Forum, Staff and Governors. At Brookfield we currently have 'Healthy Food' award status for our school meals. We are committed to teaching the children about having a healthy lifestyle is a really important part of our curriculum.

We try to:

- Teach the children about the development of healthy bodies in Science, PSHCE and PE.
- Produce attractive healthy eating displays in the school where the children eat their lunch.
- Encourage children to eat a healthy packed lunch with positive feedback and reward stickers to promote a healthy diet.

School meals provided by our caterer, LEO Catering conform to the required nutritional standards, with your help we can have healthy lunch boxes too!

Evidence shows that the fat, sugar and salt content is much higher in packed lunches than those recommended by the Food Standards.

Treats are great but not for lunch every day.

**So Please keep lunch boxes free from...**

Fizzy drinks or cartons of juice



Chocolate or sweets



Chocolate spread or jam sandwiches



Nuts

