



27/06/18

Healthier lunchboxes

It has come to my attention that a growing number of children are bringing packed lunches and snacks containing foods high in fat and sugar. A child's lunch I inspected today consisted of a packet of crisps, a bar of chocolate and a fizzy drink only. Wider research published on the Healthy Lunch.org website states that;



About 70% of children's lunchboxes contain crisps, cheese products, chocolate bars and biscuits and only half of all lunchboxes contain a fruit or vegetable - with very few containing both. In almost a fifth of lunchboxes there is no starchy food such as sandwiches, pasta, rice or an equivalent and therefore lacking healthy starchy foods. Many packed lunches contain soft drinks, increasing the sugar content of the packed lunch. (Healthylunch.org)

According to the site, a good packed lunch contains:

- A starchy food, such as bread, rolls, pitta bread, naan bread, potatoes, rice, noodles - these foods are good for children to fill up on.
- A good source of protein, iron and zinc such as meat, fish, beans or eggs.
- A good source of calcium such as milk, cheese, yoghurt or fromage-frais.
- One portion of fruit and one portion of vegetable or salad to provide all the other vitamins and minerals

A healthy diet is likely to help children grow, learn and help fight infections. Children who are encouraged to eat well are also more likely to adopt healthier lifestyles in adult life.

For more ideas, I encourage you to visit the **Healthier Lunchboxes** page of the **Change 4 Life** website or refer to the 'Eat Well Guide' on the reverse of this letter. In the meantime please adhere to the following guidelines for packed lunches and snacks at BJR;

- Plain water or milk ONLY- no flavoured water or fizzy drinks
- A sandwich with a healthy filling or other starchy food eg rice or pasta
- A piece of fruit or vegetable - carrots are very popular!
- A snack - including crisps - should be used sparingly as part of the packed lunch - not the meal itself
- Cakes, sweets, chocolate bars and other treats should not form part of packed lunches
- Please do not bring in ANY products containing nuts

Parents are also reminded that sweet or fatty birthday treats for the class are also discouraged at BJR.

Regards Ken Maslin - Head Teacher