

Healthy Lunchboxes



At Glenthorne, we also want to promote healthy lunchtimes. Our kitchen has to keep to a Government set of standards which monitor how balanced the menu is so there are all food groups covered. However, we are noticing that more and more children are bringing inappropriate food in for their lunchboxes such as family sized bags of crisps, heavily sugared/energy drinks and whole boxes of biscuits. Therefore, we wanted to raise awareness of what is recommended in a 'healthy lunchbox'.

The websites below offer suggestions and guidance for what to include in a lunchbox.

<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

<https://www.foodafactoflife.org.uk/whole-school/whole-school-approach/healthy-lunchboxes/>

Foods that a healthy balanced lunch box could include:

- A good portion of starchy food, for example wholemeal roll or bread, wraps, pitta pocket, pasta or rice salad.
- Plenty of fruit and vegetables, for example an apple, satsuma, handful of cherry tomatoes or carrot sticks, mini-can of fruit chunks in natural juice or cucumber/pepper sticks.
- A drink of milk or a portion of dairy food, for example a portion of cheese or a pot of yoghurt (low sugar).
- A portion of lean meat, fish, eggs or beans. For example, ham, chicken, turkey, tuna, beef, egg or hummus.
- A drink of unsweetened fruit juice, milk or water.
- Crisps, cakes and biscuits etc are included too but just in moderation-please no large quantities.

We are also mindful that some of our children do have restricted diets for sensory reasons, so there will be no 'policing' of lunchboxes just gentle reminders if needed.

As a school, we will also be discussing healthy lunchboxes/snacks in class, linking it to food groups and how you should be eating a variety of foods and what those foods do for your body. It is also part of our PSHE programme and Science work.



Furthermore, we have also purchased some water bottles which will be available soon on ParentPay if required for £1.20. This way, rather than using lots of disposable plastic cups in school, we can be more sustainable as well as encouraging children to drink more water. Through our Eco-Schools work, we are trying to be as plastic free as possible and reuse and recycle as much as we can.

Some parents have also spoken with us about the possibility of doing some healthy eating workshops, which will involve some family cooking. Mrs Bates is going to investigate to see if there is a group that can support us with this. Please let us know if you have any other ideas or if you have any links to someone who would be able to work with us to promote healthier eating.