

Central Community and Ashgate Nursery Schools' Federation



Food, Drink and Healthy Eating Policy

[Signature]

Headteacher

Date:

December 23

C. Menick

Chair of governors

Date:

December 23

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Statement of intent

At Central and Ashgate Nursery Schools Federation we understand that what children eat and drink is important, and the habits they develop from a young age will impact their future health. We value the importance of the EYFS in providing children with a nutritious, balanced diet that will encourage them to make healthy, informed choices. We share responsibility with parents to give guidance on the health issues and the risks of unhealthy eating practices.

We acknowledge the important connection between a healthy diet and a pupil's ability to learn effectively and achieve high standards in school. We also acknowledge that we can play a key role in supporting the wider community to adopt a positive attitude to a healthy lifestyle.

We believe that food can be used in a variety of educational ways. Pupils are encouraged to celebrate holidays, religious festivals, special events and the various foods associated with these events and are encouraged to experiment with unfamiliar foods.

As part of our healthy eating and living campaign, our catering will uphold the highest standards of quality, nutrition and cleanliness; adhering, without exception, to the food standards and legal obligations. As such, this policy has been implemented to allow us to provide food in a safe and hygienic manner

Central and Ashgate Nursery Schools Federation meets the requirements of the 'Standards for school food in England' and aims to maintain these standards across all meals provided.

1. Legal framework

1.1.1. This policy has due regard to legislation and statutory guidance, including, but not limited to, the following:

- Public Health England (2017) 'Example menus for early years settings in England'
- DfE (2019) 'School food in England'
- DfE (2013) 'The school food plan'
- The Food Safety Act 1990
- The Requirements for School Food Regulations 2014
- School Food Plan (2015) 'School Food Standards'
- Foods Standards Agency

1.1.2. This policy operates in conjunction with the following school policies:

- Health and Safety Policy
- Supporting Pupils with Medical Conditions Policy
- Complaints Procedure Policy
- Charging policy

2. Roles and responsibilities

2.1. The governing body is responsible for:

- The overall implementation of this policy.
- Ensuring that this policy does not discriminate on any grounds, including, but not limited to, ethnicity/national origin, culture or religion.
- Handling complaints regarding this policy, as outlined in the school's **Complaints Procedure Policy**
- Ensuring the setting uses reliable suppliers for the food purchased.
- Informing parents who provide food for their children about the storage facilities available in the setting.

2.2. The head teacher in conjunction with the chef, lead teacher and school business manager, has responsibility for:

- The day-to-day implementation and management of this policy.
- Reviewing menus and meal times to ensure pupil's needs are being met.
- Ensuring equipment is suitable for its use and providing separate facilities for hand-washing and for washing up in the kitchen area.

- The EYFS lead has the responsibility of ensuring all staff members are trained in basic food safety and hygiene.
 - Ensuring parents are given adequate notice of any changes to meals, food choices or any other aspect of food provision.
- 2.3. All early years staff are responsible for:
- Being advocates of healthy eating.
 - Discouraging pupils from sharing or swapping their food in order to protect those with food allergies.
 - Treating all pupils equally, taking account of the eating practices in their cultures.
- 2.4. Parents are responsible for:
- Providing the setting with information on their child's dietary requirements.
 - Providing specialist food for their child, where they may have an allergy, intolerance or medical need.

3. Healthy Eating Statement

- 3.1. The school will use healthier cooking methods to contribute to healthy eating, such as the following:
- Using less fat in cooking
 - Baking foods rather than frying them
 - Increasing use of fats/oils that are high in polyunsaturated fats
 - Reducing use of sugar in recipes
 - Avoiding using additional salt in cooking processes
 - Increasing the use of food items containing high amounts of fibre
- 3.2. All menus created will be in accordance with the nutritional standards outlined in Appendix 1 of this policy.
- 3.3. The school will encourage pupils to adopt healthy lifestyles, both through a nutritional diet and regular exercise.
- 3.4. The school will adopt a healthy eating strategy and embed its principles throughout the curriculum.
- 3.5. Staff will provide good role models for healthy eating and active lifestyles.

4. Purchasing food

- 4.1. All food items are purchased from reputable suppliers to ensure compliance with government buying standards.

- 4.2. The school suppliers used whenever possible are:
- Bookers
 - Brakes
 - Field Supplies
 - Owen Taylor
- 4.3. All food products and ingredients are checked for acceptability, i.e. nutritional specifications, genetically modified organism requirements and allergen ingredients.
- 4.4. Menus will, as much as reasonably practicable, reflect the natural growing or production period for the UK to assist pupils in learning about food production and seasons.
- 4.5. Any fish products served will be sustainably sourced to promote the importance of sustainable fishing.
- 4.6. The school continues to place emphasis on consumer response to new products; throughout this process, the school will liaise and consult with the school community, including parents, to ensure acceptable quality.

5. Food and drink served

- 5.1. All meals will include a variety of foods from the four main food groups:
- Starchy foods.
 - Fruit and vegetables.
 - Meat, fish, eggs, beans and non-dairy sources of protein.
 - Milk and dairy foods.
- 5.2. Foods that are high in fat, salt and sugar will be limited for the age group of the pupils concerned.
- 5.3. Portion sizes will be based upon the recommended intake for the age group of the pupils concerned.
- 5.4. Menus will reflect the diversity of the community, with a variety of flavours and textures.
- 5.5. Where pupils are sleeping during mealtimes, their meal will be covered, stored correctly and served when the child awakens.
- 5.6. Fridges and store cupboards will be cleaned regularly to ensure they are clean.
- 5.7. Food stored in the fridge will be kept at 5°C or lower and, where necessary, reheated until piping hot throughout to above 75°C.

- 5.8. Food will be stored in sealed plastic containers, and tin cans will never be stored in the fridge.
- 5.9. Menus will rotate on a three week cycle and meal suggestions from parents are welcomed during the planning of these menus.
- 5.10. Drinking water will be accessible at all times and pupils will be encouraged to drink regularly.
- 5.11. Milk will be served with either the morning or afternoon snack (part-time pupils will always be offered milk with their snack).
- 5.12. All dairy products will be full fat. Non-dairy drinks are only given as a substitute for cow's milk with the agreement of the child's parents.
- 5.13. Fresh fruit juice will not be offered to pupils. Juice will be diluted to one parts juice to 10 parts water, and will only be given on an individual basis following advice from health professionals.
- 5.14. Staff will not consume alcohol or carbonated drinks in the presence of pupils.

6. Eating environment

- 6.1. The eating environment will be comfortable and relaxed. Pupils will be given plenty of time to feed themselves and hold feeding utensils.
- 6.2. Pupils will be provided with utensils that are appropriate for their age and stage of development.
- 6.3. Staff will sit with pupils while they eat and encourage interaction at each table.
- 6.4. Pupils will be observed to ensure they are drinking and eating enough, and staff will be aware of the behaviour that may suggest a child is thirsty or hungry.
- 6.5. Pupils will be encouraged to develop good eating skills and table manners.
- 6.6. Pupils will be taught basic hygiene, such as not eating food that has fallen on the floor and washing their hands before eating and after using the toilet.
- 6.7. Meal times will be used to help pupils develop independence, through making food choices, serving food and drink, and feeding themselves.

7. Allergies and special requirements

- 7.1. The sites are nut free.
- 7.2. Each day there will a choice of main meal or jacket potato with toppings. Where the main meal contains meat, a vegetarian option will also be available.
- 7.3. Parents will make the setting aware of any cultural, religious and/or allergies their child has and the actions that need to be taken if a reaction occurs.

7.3.1. All parents must complete the following sections on the child's admission form:

- i. Please tell us about your child's cultural, religious and/or dietary needs*
- ii. Important medical conditions including allergies, disabilities and history of illnesses*

7.3.2. If the answer to any of these is yes, then additional information will be required:

- i. An allergy, dietary and medical needs slip must be completed
- ii. Where diet is affected by an allergy or medical need then the parent will need to provide a letter from an NHS practitioner stating the child's name, the diagnosis and recommendations for the child regarding the relevant foodstuff. This would include treatment in case of accidental ingestion where necessary.

7.3.3 A photo slip for the child will be completed and placed in key areas around the school

- 7.4. The setting will endeavour to ensure children with allergies are not exposed to foods that trigger allergies.
- 7.5. All preparation of food containing common allergens, e.g. sesame seeds, will be kept completely separate from other food preparation.
- 7.6. There will be a set of kitchen utensils that are only for use with the food and drink of the pupils at risk of allergic reactions.
- 7.7. There will also be a set of kitchen utensils with a designated colour (purple). These utensils will be used only for food items that contain bread and wheat related products.
- 7.8. Food items containing bread and wheat will be stored separately.
- 7.9. Learning activities which involve the use of food will be planned taking into account any known allergies of the pupils involved.
- 7.10. Pupils will be discouraged from sharing or swapping their food with other pupils.
- 7.11. If nuts are brought in to school the packaging will not be opened and the item will not be consumed. Where necessary parents will be informed.
- 7.12. Food provided for pupils with allergies will be managed in accordance with the Foods Standards Agency

8. Food brought in from home

- 8.1. Wherever possible children at Central are encouraged to eat meals offered by the school.

- 8.2. At Ashgate children are asked to bring a packed lunch if they stay for a full day.
- 8.3. Food that is brought into the setting from home will comply with this policy and include the foods outlined in point 3.1 of this policy. Such food must not contain nuts.
- 8.4. Food and drink will be appropriately labelled with the child's details, safely stored until needed.
- 8.5. Packed lunches are monitored by lunchtime staff as part of their supervision of the children. Where there may be concerns over a child's food/nutrition intake and/or content of packed lunches, parents will be contacted and we will endeavour to deal with the matter in a timely and sensitive manner.
- 8.6. Any food that is not consumed during the day will be sent home with the child.

9. Eating habits

- 9.1. At meal times, fussy eaters will be seated with pupils that are more adventurous with their food to encourage the adoption of different food preferences.
- 9.2. Pupils will be regularly exposed to new foods in order to increase their liking for, and consumption of, a variety of new foods (providing these foods meet their specific dietary requirements).
- 9.3. Favourite foods will not be used as a reward to encourage pupils to eat foods they do not like.
- 9.4. The setting is aware that some pupils will have allergies or different dietary requirements; this will be taken into account when encouraging children to try new foods.
- 9.5. Pupils will never be forced to finish everything on their plate. Small servings will be given, with the opportunity to have second helpings if the first serving is finished.

10. Food and drink safety

- 10.1. If members of staff are drinking hot drinks, they will keep them out of pupils' reach.
- 10.2. Staff will eat all hot food either with the children or in the staff room.
- 10.3. Electrical equipment, such as kettles, toasters, will be turned off when they are not in use.
- 10.4. Electrical equipment, such as kettles, toasters, will not be kept in classrooms.
- 10.5. Pupils will not have access to the kitchen without supervision from a member of staff.

- 10.6. When eating, pupils will be instructed to use cutlery where possible.
- 10.7. Pupils will be instructed to ensure their food is cool enough before eating it.
- 10.8. A first aid kit will be located in each classroom and the kitchens.

11. Food Hygiene

- 11.1. All staff involved in preparing food for young pupils, or helping them eat, will be aware of the requirements of the Food Safety Act 1990.
- 11.2. The kitchen staff will keep an up-to-date food hygiene plan, in line with the [Hazard Analysis Critical Control Point \(HACCP\) principles](#).
- 11.3. The kitchen staff will receive food hygiene training as part of their induction, with at least one member of staff holding a formal food hygiene certificate which will be kept up-to-date.
- 11.4. All staff will partake in annual food hygiene refresher training.
- 11.5. In line with food safety and hygiene regulations, a food hygiene record will also be kept, demonstrating what the school has done to ensure all food and food preparation areas are safe and how this compares with the proposed food hygiene plan. This record will be maintained by chef or other designated member of staff and entries will be completed on a daily basis.
- 11.6. For each day of the week, the food hygiene record will be created by the chef in line with HACCP regulations and will include space to record the following:
 - The date
 - The completion of the opening and closing checks, as outlined in [11.9](#) and [11.10](#)
 - The completion of the day's cleaning tasks, with reference to the cleaning schedule
 - Details of any hygiene-related incidents that occurred during the day
 - Additional checks that may have been conducted, e.g. pest control checks that take place on a less frequent basis
 - A signature from the chef or designated member of staff that has completed the day's entry
 - An allergy awareness sheet listing allergy and which dish in case of a known reaction
- 11.7. The food hygiene record will also include the following:
 - List of suppliers
 - Staff training record
 - Food temperature monitoring records

- Fridge and freezer temperature monitoring records
 - Hygiene inspection checklist
 - Monthly reviews
- 11.8. At each monthly review, the head teacher or schools business manager will assess the food hygiene record to identify any persistent problems from that last month. If problems are identified, these will be recorded along with decisions on how to handle them, e.g. providing staff with additional training or dealing with supplier issues.
- 11.9. At the beginning of the school day, the following checks will be conducted:
- All fridges and freezers are working properly, fridges are running below 5°C but not exceeding 8°C and freezers at -18°C
 - All other equipment, e.g. ovens, is working properly
 - Staff are fit for work, not presenting any signs of illness, and wearing clean clothes
 - Food preparation areas are clean and disinfected
 - There are plenty of handwashing and cleaning materials available, e.g. unperfumed soap and paper towels
- 11.10. At the end of the school day, the following checks will be conducted:
- No food has been left out
 - Food that is past its 'use by' date has been thrown away
 - Dirty clothes have been removed for cleaning and replaced with clean ones
 - Food and cleaning waste have been removed and new bags have been put into the bins
- 11.11. A cleaning schedule will be created by the chef in line with HACCP regulations and will be maintained and stored in the kitchen.
- 11.12. The cleaning schedule will outline:
- Items and equipment that need to be cleaned
 - How frequently items and equipment need to be cleaned
 - Who is responsible for cleaning items and when
 - The precautions that must be taken when cleaning
 - The methods of cleaning that will be used
- 11.13. Training will be provided to all kitchen staff on how to use the cleaning schedule.

11.14. Kitchen staff will keep food preparation areas to the highest standard of cleanliness by doing the following:

- Cleaning before, during and after food preparation
- Keeping a well-stocked supply of cleaning materials
- Ensuring hand soaps and sanitizers are accessible and fully stocked
- Ensuring all chopping boards are stored in a stand in the food store and are dry before use
- Storing knives away from the reach of unauthorised personnel in a sanitised draw or stand
- Washing cleaning cloths and towels at the end of the day and drying them before reuse
- Storing cleaning cloths and towels in a sterile cupboard or drawer
- Not leaving food products out at room temperature for longer than is necessary
- Storing any bags or personal belongings out of the kitchen to avoid foreign bodies entering the food preparation area

11.15. Kitchen staff will complete cleaning tasks as allocated and ensure these are marked as 'Complete' on the cleaning schedule.

11.16. The cleaning schedule will be reviewed on a termly basis by the chef to ensure that cleaning tasks are being completed properly.

11.17. Food contact materials will come from reputable suppliers and will be safe for use by staff to package, store, prepare and cook food.

11.18. For the purpose of this policy, food contact materials include:

- Packaging, e.g. cellophane wrap
- Food processing equipment, e.g. a food blender
- Cookware
- Work surfaces

11.19. Kitchen staff will wear suitable PPE when preparing food – the PPE will be free from tears, burns or holes. The following list indicates the suitable PPE the school uses:

- Full body aprons
- Hair/beard nets
- Disposable gloves

11.20. Kitchen staff will have high standards of personal hygiene, including washing hands in the following circumstances:

- Before and after preparing raw meat/fish
 - Before and after preparing and cooking other food products
 - After using the toilet
 - After touching door handles, light switches or phones.
 - After coughing or sneezing
- 11.21. Kitchen staff will check the accuracy of their thermometers by using the boiling water test.
- 11.22. The school's food hygiene record, cleaning schedule and details of all hygiene and safety checks will be retained in line with the local environmental health department's requirements.

12. Environmental health inspections

- 12.1. The chef, head teacher or school business manager will be the key contacts for the environmental health officer from the LA – being responsible for implementing any recommendations made to them.
- 12.2. The school will record the following information in an environmental health log book. The log book will be stored in the cooking/serving kitchen.
- Any identified hazards, e.g. a fridge running at +8°C
 - How hazards were avoided, removed or reduced, e.g. turning the temperature of the fridge down
 - How any problems are rectified, e.g. reviewing the fridge's temperature every 15 minutes
 - How plans are checked for effectivity
 - The log book will be checked as part of the monthly catering audit by the head teacher or school business manager. Emergencies will be notified immediately to the head teach or school business manager
- 12.3. The chef will ensure all the necessary documentation is readily available for inspection for the environmental health officer, including their food hygiene plan and food hygiene record.
- 12.4. The school will have their food hygiene rating sticker in a visible location within the dining area or kitchen and on the main door.
- 12.5. If the school scores less than a five on their hygiene rating sticker, they will implement any recommendations made by the environmental officer as a matter of top priority.
- 12.6. After each environmental health inspection, the school will display their new food hygiene rating sticker in place of the old one, irrelevant of the score.

12.7. The school will receive a letter after an inspection with 'notices' – the school will comply with the notices with immediate effect.

13. Kitchen safety

- 13.1. Kitchen staff will have a list of all allergens and will avoid using them within the menu wherever possible.
- 13.2. Where meals include allergens or traces of allergens, allergens are identified and posted daily for staff and parents to be aware of.
- 13.3. The school will not be misleading with the food that they serve, and the labelling will accurately represent what is being eaten.
- 13.4. The school will keep a record of where their produce comes from and will be prepared to produce this record on demand by the environmental health officer.
- 13.5. Kitchen staff will withdraw any produce that has gone past their use by date.
- 13.6. All staff handling food will be trained in food safety as part of their food hygiene training.
- 13.7. Staff will be aware of all the harmful bacteria that could cause serious illness if not treated and removed properly from food sources.
- 13.8. In events where suppliers recall produce due to reports of harmful levels of bacteria in stock, staff will remove all traces of the product from the school and ensure the headteacher is notified. Parents will be informed of the outbreak.
- 13.9. Staff will be aware of the 'danger zone' where microbial growth is stimulated – this is between the temperatures of 8°C and 63°C.
- 13.10. Kitchen staff will cook food until its core temperature has reached +75°C and remains that temperature for two minutes to minimise the risk of harmful bacteria being present in food.
- 13.11. Kitchen staff will have an in-depth knowledge of the risks of cross contamination.
- 13.12. Colour-coded chopping boards and corresponding knives will be used for food preparation. The school uses the following colour-coded board and knife system:

| Colour of chopping board and knife | Food group |
|------------------------------------|------------------|
| Red | Raw meat |
| Yellow | Cooked meat/fish |

| | |
|--------|------------------|
| Green | Salads and fruit |
| White | Bakery and dairy |
| Brown | Vegetables |
| Blue | Raw fish |
| Purple | Allergy |

14. Exemptions to the school food regulations

14.1. The school food standards do not apply to food provided:

- At parties or celebrations marking religious or cultural occasions.
- At fundraising events.
- For using in teaching food preparation and cookery skills.
- On an occasional basis by parents of individual pupils as per section 7.

14.2. Parents will be encouraged to bring in healthier food, or non-food items (such as stickers), instead of cakes or sweets for birthdays and other celebrations.

15. Communication

15.1. Parents will be provided with information on the routine meals and snacks that their children are given.

15.2. This policy will be made available on the schools' website.

15.3. Parents will be given regular feedback on how well, and what, their children are eating. A log will be kept if there are concerns from either parents or the school.

15.4. Menus will be on display and available on the schools' website.

15.5. The setting will consult with parents on the food that is provided, and will ask them for feedback as the menus are developed and introduced.

15.6. Parents will be encouraged to attend events to celebrate special and cultural occasions.

16. Curriculum Links

16.1. Food, Drink and Healthy Eating forms part of a variety of areas of the Early Years Foundation Stage curriculum, including Physical Development and Understanding the World. At Central and Ashgate Nursery Schools' Federation we believe that it is of great importance that children understand where their food comes from.

16.2. We provide opportunities for the children to:

- Grow a range of fruits and vegetables from seed
- Care for plants until the produce is ready for harvest
- Harvest produce and eat as part of our snack
- Collect eggs from our free-range chickens
- Cook our produce to make snacks or as part of lunch/tea
- Bake following our simple recipes
- Observe and help our chef to cook lunch

16.3 All food produced in school will be stored and prepared in line with regulations referred to in this policy. For storage of eggs see appendix 3.

16.4. We provide opportunities for parents to:

- Help in the garden/on the allotment
- Bake with their children and take recipes home
- Spend time with our chef to find out about healthy, simple meal ideas and take part in cookery lessons
- Chat with their child's keyworker or our SENDCo for support with fussy eating, healthy eating or healthy lifestyle

17. Monitoring and review

17.1. This policy is reviewed every three years by the headteacher

Appendix 1 Current food-based standards for school meals and snack

- The school is committed to providing pupils with a healthy balanced diet, in line with the School Food Plan's 'School Food Standards: A practical guide for schools, their cooks and caterers'.
- The school will use the following standards when planning meals and adapting the healthy eating strategy.
- **Starchy foods:**
 - One or more portions of bread, pasta, noodles, rice, potatoes, sweet potatoes, yams, millet or cornmeal will be provided every day.
 - Three or more different portions of bread, pasta, noodles, rice, potatoes, sweet potatoes, yams, millet or cornmeal will be provided each week – one or more of these will be wholegrain.
 - A type of bread with no added fat or oil will be available every day.
 - Starchy food cooked in fat or oil will only be provided twice a week maximum across a school day.
- **Fruit and vegetables:**
 - One or more portions of vegetables (all types) will be available every day.
 - Three or more different types of vegetables will be provided each week.
 - One or more portions of fruit (all types) will be available every day.
 - Three or more different types of fruit will be provided each week.
 - A fruit-based dessert with a content of at least 50 percent fruit, measured by the volume of raw ingredients, will be provided two or more times each week.
- **Meat, fish, eggs and other non-dairy sources of protein:**
 - A portion of meat, fish, eggs, pulses and beans (not including green beans), or other non-dairy sources of protein, will be provided every day.
 - A portion of meat or poultry will be provided on three or more days every week.
 - Oily fish will be provided once or more every three weeks.
 - A portion of non-dairy sources of protein will be provided on three or more days every week.
 - A processed meat or poultry product, e.g. chicken nuggets, will be served no more than once a week.

- No meat will be provided if it contains any carcass parts, in accordance with The Products Containing Meat etc. (England) Regulations 2014.
- No economy burgers will be provided, as defined in The Products Containing Meat etc. (England) Regulations 2014.
- **Milk and dairy:**
 - A portion of cheese, yoghurt, fromage frais or custard will be provided every day.
 - Full fat milk will be available for drinking at least once a day.
- **Food high in fat, sugar and salt:**
 - Savoury crackers or breadsticks which are served with fruit and vegetables or milk and dairy may be provided as part of school snack.
 - The school will not provide sachets of salt to be added to meals on top of the salts already included within cooking.
 - Confectionary of any kind will not be served, even as part of a dessert.
 - Desserts will be limited to tray-baked cakes or biscuits and will only be served as part of a lunch meal.
 - No more than two portions of pastries, deep fried, bread-crumbed or battered food will be served a week.
- **Healthier drink options:**
 - Drink options the school will offer are:
 - Tap water.
 - Full fat milk.
 - Soya, rice, or oat milk will only be provided for children on an allergy plan
 - Hot chocolate will be provided during Forest School sessions

Appendix 2 – Portion Sizes

5532 a day published by British Nutrition Foundation

Appendix 3 – Storage of Eggs

Fresh eggs are best stored unwashed and pointy end down at room temperature. This keeps them fresher for longer. Write the date collected on the shell using a pencil.

Eggs are stored in the wooden egg cupboard, **not in the kitchen where meals are being prepared.**

Washing them removes their natural protective layer so if washing is needed it is best done just before using them.

Our eggs will keep fresh for several weeks but if unsure do the 'float test'. A fresh egg will stay at the bottom of a bowl of water. If it floats, it has absorbed too much air and is likely to be off so throw it away.

Always wash your hands after handling eggs.

Appendix 4 – Healthy Lunchbox leaflets for parents



Love your packed lunch!

Create a healthier packed lunch by choosing foods from the 5 main food groups below:



1 Starchy Carbohydrates

to re-fuel your body

Base your lunchbox on starchy carbohydrates.

Choose ONE EVERY DAY from:

- ✓ Bread, rolls, bagels, wraps, pitta or baguettes
- ✓ Pasta
- ✓ Couscous
- ✓ Noodles
- ✓ Potatoes



2 Fruit and Vegetables

to keep you healthy

Pack one portion of fruit and one portion of veg every day

Choose TWO EVERY DAY from:

- ✓ Apple, banana, pear, orange, plums
- ✓ Small pot of mixed berries or grapes
- ✓ Prepared melon or mango
- ✓ Chopped vegetable sticks: carrots, cucumber, pepper, celery, mange tout, mini corn
- ✓ Salad vegetables
- ✓ Vegetable Soup



3 Dairy and Alternatives

for healthy teeth and bones

Don't forget the dairy!

Choose ONE EVERY DAY from:

- ✓ Milk
- ✓ Cheese – hard cheese, soft cheese, cheese spread
- ✓ Yoghurt or Fromage Frais
- ✓ Custard



4 Protein Foods

for growth and repair

Pack a protein punch!

Choose ONE EVERY DAY from:

- ✓ Meat
- ✓ Fish
- ✓ Eggs
- ✓ Non-dairy protein e.g. lentils, chick peas, beans



Choose oily fish like salmon once every 3 weeks



5 Drinks

to rehydrate your body

- ✓ A large glass of water
- ✓ Semi skimmed milk – or skimmed milk for children over 8 years.
- ✓ 150ml of fresh unsweetened fruit juice/smoothie



Occasionally!

- Meat products such as sausage rolls, pies, sausages
- Plain cakes/sponges and biscuits of appropriate portion sizes



For more healthy packed lunch ideas and recipes visit www.phunkyfoods.co.uk/recipes