



The Priory School of Our Lady Of Walsingham



Snacks and Packed Lunch Guidelines

Reviewed by: Executive Committee

On:

Next review due: September 2024

Signature of Principal

Snacks and Packed Lunch Guidelines

To grow and stay healthy children need to eat a nutritionally well-balanced diet. However, 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.

Daily Packed Lunch advice (taken from Government guidance)

1. Fruit – for vitamins, minerals and fibre
2. Vegetables such as cherry tomatoes and carrot or cucumber sticks – for vitamins, minerals and fibre
3. A starchy food such as bread, pasta, rice, couscous, noodles and potatoes – for energy
4. Meat, fish or other source of non-dairy protein, such as lentils, kidney beans and chickpeas – for protein for growth
5. Dairy food such as milk, cheese and yoghurt – for calcium for bones and teeth
6. Water, unsweetened or diluted juice, milk and fruit or dairy based smoothies

This list is not exhaustive – in both content and daily quantity – and parents are strongly encouraged to do their own research.

The aim of this guidance is not for the school to 'parent' pupils but to encourage life-long good eating habits, prevent illness, support a healthy weight and oral health, and to maintain better levels of concentration and energy throughout the day.

So what about snacks and treats?

These are fine in moderation, for example, when we hold a cake sale, but we advise:

- More of low fat and low sugar snacks such as banana bread, plain popcorn, rice cakes, sugar free jelly and baked snacks
- Less of high fat and high sugar snacks such as chocolate, biscuits, cakes, processed meat sticks and fried snacks – note that naturally occurring fats, such as that found in meats, seeds and dairy products, are healthier, and that processed fat in snacks labelled as 'low fat' may have been replaced with added sugar, e.g. some low fat but high sugar breakfast cereals and cereal bars

You may find this link useful:

<https://www.nhs.uk/change4life/food-facts/healthier-snacks-for-kids/100-calorie-snacks>

Are any items banned at Priory School and on school activities?

- Fizzy drinks
- Nuts and nut-based products
- Shellfish, e.g. crab, prawns and mussels

Water Bottles

We have now added water bottles to the uniform list, and we ask that they are filled with water only. Unsweetened juice, for example, juice cartons, may be added to lunch boxes. Fizzy drinks of any kind, including sparkling water, are not permitted.

Authorised by the Principal, Mr David EJJ Lloyd

1 March 2024