

Healthy Snack and Packed Lunch Guidance

Calside Primary School

February 2024



Introduction

Calside Primary School is committed to promoting the health and well-being of our pupils. A significant aspect of this commitment is ensuring that pupils have access to nutritious meals during their school day. This Healthy Snack & Packed Lunch Guidance has been established in accordance with the Scottish Government Guidelines for promoting healthy eating habits among school children.

Aims

- **Promotion of Nutritious Choices:** The guidance aims to encourage pupils, parents, and caregivers to make informed and healthy choices when packing lunchboxes for school.
- **Enhancement of Well-being:** By providing children with balanced and nutritious meals, the guidance aims to contribute to their overall physical and mental well-being.
- **Education and Awareness:** The guidance aims to educate pupils, parents, and caregivers about the importance of a balanced diet and the positive impact it has on learning and behaviour.
- **Support for Special Dietary Needs:** The guidance aims to ensure that students with special dietary needs are accommodated, and their nutritional requirements are met.

Guidelines for Healthy Snacks

- ✓ **Nutritional Standards:** We encourage parents to provide snacks which are consumed in school to meet the nutritional standards outlined by the Scottish Government, including:
 - *Encouraging the consumption of fruits, vegetables, and whole grains.*
 - *Limiting the consumption of sugary snacks, drinks, and high-fat items.*
 - *Providing options low in salt and saturated fats.*
 - *Promoting water as the primary beverage choice.*
- ✓ **Fruit and Vegetable Initiative:** We will actively promote the consumption of fresh fruits and vegetables as preferred snack choices.
- ✓ **Portion Control:** Snacks should be appropriately portioned to avoid overconsumption. We will educate pupils, parents, and guardians on recommended serving sizes for different age groups.

Guidelines for Packed Lunches:

- ✓ **Balance:** Encourage parents and caregivers to include a variety of food groups in each lunchbox, such as whole grains, lean proteins, dairy or dairy alternatives, fruits, and vegetables.
- ✓ **Portion Control:** Advocate for appropriate portion sizes to prevent overeating and promote healthy eating habits.
- ✓ **Hydration:** Encourage parents to include water or low-sugar drinks in the lunchbox to keep students hydrated throughout the day.
- ✓ **Limit Sugary and High-Fat Foods:** Discourage the inclusion of sugary snacks, chocolates, sweets, and high-fat items like crisps and fried foods in lunchboxes.
- ✓ **Fruits and Vegetables:** Encourage parents to include a portion of fresh fruits and vegetables in each lunchbox to ensure a good intake of vitamins, minerals, and fibre.
- ✓ **Whole Grains:** Suggest whole-grain bread, wraps, or pasta to provide sustained energy and essential nutrients.
- ✓ **Protein Sources:** Advocate for lean protein sources such as chicken, turkey, eggs, beans, and legumes.
- ✓ **Dairy or Dairy Alternatives:** Encourage the inclusion of dairy products or suitable dairy alternatives for calcium intake.
- ✓ **Allergies and Dietary Restrictions:** Ensure that parents are aware of the school's policy on allergies and dietary restrictions. Accommodate students with allergies or specific dietary needs appropriately.

School Responsibilities:

- ✓ **Education:** Provide nutrition education through our Health and Wellbeing curriculum at all stages in the school. Allow for opportunities for classroom discussions, workshops, and informational materials to raise awareness about healthy eating.
- ✓ **Promotion:** Display posters, notices, and other communication to highlight the importance of healthy lunchboxes and the guidelines.
- ✓ **Support:** Support students with dietary restrictions or allergies by working closely with parents to ensure suitable alternatives are available.
- ✓ **Positive Environment:** Foster a positive and inclusive lunchtime environment where healthy eating is encouraged and celebrated.

Parent and Caregiver Responsibilities:

- ✓ **Planning:** Plan and prepare balanced and nutritious meals that adhere to the outlined guidelines.
- ✓ **Variety:** Ensure a variety of foods are included to provide a diverse range of nutrients.
- ✓ **Communication:** Communicate with the school about any allergies or dietary restrictions that need to be taken into consideration.
- ✓ **Lead by Example:** Role model healthy eating behaviours to encourage children to adopt similar habits.

Review and Monitoring:

The Healthy Snack and Packed Lunch Guidance will be regularly reviewed and updated to align with the latest nutritional guidelines and best practices. The school will gather feedback from parents, students, and staff to assess the effectiveness of the policy.

By following the principles outlined in this Healthy Snack and Packed Lunch Guidance, Calside Primary School aims to create an environment that promotes the well-being and health of its students, while also educating and empowering parents and caregivers to make informed nutritional choices for their children.

Further information

Information from the NHS and Scottish Government can be found here:

<https://www.gov.scot/publications/healthy-eating-schools-guidance-2020/>

Hungry for Success: A Healthy Packed Lunch [Layout 1 \(scot.nhs.uk\)](https://www.gov.scot/publications/healthy-eating-schools-guidance-2020/)