

SNACKS AND PACKED LUNCHES AT HIGHWEEK

We encourage all children to have a healthy and nutritional meal at lunchtime and a snack during morning break.

Research shows that children who have a nutritionally balanced meal (rather than one that has too much sugar and fat) are better able to concentrate in lessons.

DRINKS

We also encourage children to keep hydrated during the school day, preferably with water. Please could you ensure that your child brings in their own water bottle every day. Children can have these in the classroom and are able to drink throughout the day, in accordance with class routines. Please ensure that the bottle is a type that won't spill if it is knocked over. School water bottles are available to purchase at the office.

The content of the water bottles should be water. In exceptional circumstances, we can agree to a child having squash, for example, if they need to be encouraged to drink for medical reasons. We are very grateful for parents supporting this rule, as it can cause a lot of upset amongst children if some have squash and others don't.



NUT ALLERGIES

Please make sure that **absolutely no food contains nuts of any kind**. Please check the labels of cereal bars specifically. We have children with life threatening nut allergies so it is really important we all ensure we keep the school as 'nut free' as possible.

SNACKS

Children are able to bring a snack in to eat during the morning break.



The following snacks are encouraged at Highweek:

- Whole or sliced fruit
- Vegetable sticks like celery, carrot and cucumber. Some vegetables are naturally baton-shaped which can save you time preparing, for example: sugar snap peas and baby corn
- Bag of plain popcorn (**over 5's only**)
- Breadsticks
- Rice or corn cakes
- Crackers
- A small sandwich or bagel with cheese, hummus or vegetable filling.



Please DO NOT send your child in with crisps, chocolate items, sweets, cakes and overly processed foods (e.g. sausages, sausage rolls) for snack time.

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PACKED LUNCHES:


We know how hard it is to make a healthy lunchbox every day. However, increasingly children are bringing in lunches with poor nutritional value and lots of added sugar. In addition, please avoid single use plastics e.g. plastic packaged snacks. Please see the lunchbox tips below:




Want to know more about healthy snacks and packed lunches? See below:

<https://www.bbcgoodfood.com/recipes/collection/school-lunch-recipes>


Lunchbox tips




Keep them fuller for longer
Base the main lunchbox item on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.




Freeze for variety
Keep a small selection of different types of bread in the freezer so you have a variety of options – like bagels, pittas and wraps, granary, wholemeal and multigrain.




DIY lunches
Wraps and pots of fillings can be more exciting for kids when they get to make them. Dipping foods are also fun and a nice change from a sandwich each day.




Cut back on fat
Pick lower-fat fillings – like lean meats (including chicken or turkey), fish (such as tuna or salmon), lower-fat spread, reduced-fat cream cheese and reduced-fat hard cheese. And try to avoid using mayonnaise in sandwiches.
[See more healthier swap ideas](#)




Mix your slices
If your child does not like wholegrain, try making a sandwich from 1 slice of white bread and 1 slice of brown bread.




Always add veg
Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A Day. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.




Ever green
Always add salad to sandwiches and wraps too – it all counts towards your child's 5 A Day!




Cheesy does it...
Cheese can be high in fat and salt, so choose stronger-tasting ones – and use less of it – or try reduced-fat varieties.




Cut down on crisps
If your child really likes their crisps try reducing the number of times you include them in their lunchbox, and swap for homemade plain popcorn or plain rice cakes instead.




Add bite-sized fruit
Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown.




Tinned fruit counts too
A small pot of tinned fruit in juice – not syrup – is perfect for a lunchbox and easily stored in the cupboard.




Swap the fruit bars
Dried fruit like raisins, sultanas and dried apricots are not only cheaper than processed fruit bars and snacks but can be healthier too. Just remember to keep dried fruit to mealtimes as it can be bad for teeth.




Switch the sweets
Swap cakes, chocolate, cereal bars and biscuits for malt loaf, fruited toad cakes, fruit breads or fruit (fresh, dried or tinned – in juice not syrup).




Yoghurts: go low-fat and lower-sugar
Pop in low-fat and lower-sugar yoghurts or fromage frais and add your own fruit.



Get them involved
Get your kids involved in preparing and choosing what goes in their lunchbox. They are more likely to eat it if they helped make it.



Variety is the spice of lunch!
Be adventurous and get creative to mix up what goes in their lunchbox. Keeping them guessing with healthier ideas will keep them interested and more open to trying things.



Plan to Eatwell
The guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet. It can be really useful when thinking about what goes into kids' lunchboxes.
[The Eatwell Guide](#)

<https://www.nutrition.org.uk/putting-it-into-practice/make-healthier-choices/healthy-packed-lunches/>

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

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