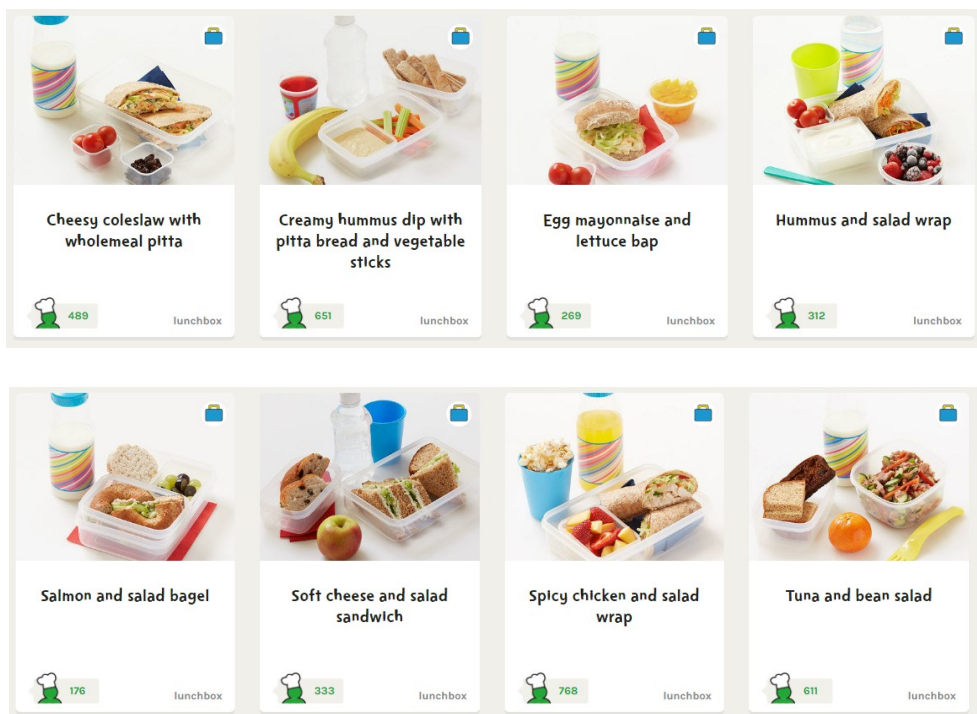


Packed Lunch ideas.....



For more information and ideas please see the NHS change4life website.

Website: <https://www.nhs.uk/change4life-beta/recipes?filter=lunchbox>



Welcome to
South Stanley Infant and Nursery School

Healthy Eating
2021-2022

Head Teacher - Mrs L. Thompson

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Welcome to South Stanley Infant and Nursery School!

Here at our school we believe that eating well is important in helping children to develop a healthier lifestyle. Children need to eat well as it will give them energy and nutrients to grow and develop, be healthy and active. Providing a healthy, enjoyable lunch gives children the energy they need to learn and play at school.

Our fabulous, tasty school dinners are prepared and cooked fresh in our school kitchen by our lovely dinner staff and we would encourage your child to try them.

Taylor Shaw

Taylor Shaw believes that, "Providing your child with a healthy school lunch reassures you that your child will benefit from proven improvements in concentration in their afternoon performance."

- Each day there is a choice of two course lunch.
- Each school meal provides a portion of fresh fruit and vegetables everyday!
- All Taylor Shaw's meat and fish is Red Tractor and MSC certified.

The best things in life are

FREE!

All our school dinners are free for Reception and Key Stage 1!

The menus are displayed on our school website and updated every term. <https://www.southstanley-inf.durham.sch.uk/>

For more information and menus see website: <https://taylorshaw.com/>



If you do choose to provide your child with a packed lunch, please take a look at what should be included in order to give them the right balance of energy and nutrients to help them grow and develop.

What is a Healthy Packed Lunch?

A healthy packed lunch is a balanced meal providing a variety of nutrients, to be found in four food groups.

Starch Foods

- Base each meal on a starchy food, such as bread, potato, rice and pasta. Starchy foods give energy, fibre, vitamins and minerals.

Meat and Alternatives

- Add some protein, for example meat, fish and eggs. Protein foods build muscles and provide minerals.

Milk and Dairy Foods

- Include a dairy product or dairy alternative, such as fromage frais. These foods provide calcium necessary for strong bones and teeth.

Fruit and Vegetables

- Don't forget to include fruit and vegetables. Fruit and vegetables are full of vitamins, minerals and fibre necessary for the body to function properly and to keep you strong and healthy.

Practical Tips for a Healthier Lunch Box

- Try to vary the contents of the lunchbox. This will ensure that your child is getting the variety of nutrients their bodies need to function and grow.
- Involve your child in making their lunchbox. They are more likely to enjoy food they have made themselves.
- Drinks:
Drinks, especially water, help children to concentrate and feel well, Water is freely available in school, therefore you don't need to provide your child with a drink.
- Snacks and Confectionary:
Snack foods may be included occasionally but aim to make healthier choices. A healthy packed lunch should not contain: chocolate including chocolate spread sandwiches and sweets.

PLEASE DO NOT INCLUDE NUTS OR ANY ITEMS CONTAINING NUTS DUE TO ALLERGIES

