



Healthy Lunches at PPJS

At Pinner Park Junior School we teach the children about healthy lifestyles through our curriculum, in particular, PE, PHSE and science. We also talk about being healthy in assemblies, and hold events such as skipping workshops alongside our sporting clubs. A big part of the topic is ensuring the children know what food are good for them, and bring healthy lunches to school. At PPJS the children currently have packed lunches brought in from home.



Healthy Lunches—We Need Your Help!

We aim to make sure that all our pupils are bringing healthy lunches into school.

Research shows that children who eat a nutritionally balanced lunch will not only be healthier physically, but are able to learn more effectively and can sustain concentration for longer periods of time during the afternoon.

We would like your help in this by providing healthy packed lunches for your children. Over the page there are some suggestions for foods that make up great packed lunches.

Need Some Inspiration? Try these websites for ideas:

www.schoolfoodtrust.org.uk - The School Food Trust was set up to improve the food children eat in schools. Their site provides top tips for healthy lunchboxes and gives 3 week lunch menus which may give you a few new ideas to try!

www.packedlunchideas.com - lots of ideas, recipes and advice.

www.vegetariankids.co.uk—ideas and recipes.

PPJS Guidelines: Please consider these when you are choosing what to give your child.

- Please include a starchy food every day such as bread, pasta, rice, couscous, noodles or potatoes
- Please include a source of protein—meat, fish, hummus, beans.
- Include at least one portion of fruit and one portion of vegetables
- Feel free to include a ‘treat’ - e.g. biscuit or crisps—but only one or the other—**one treat a day!** We’ve been seeing lots creep their way into lunchboxes!

Examples of foods we encourage at PPJS:

Breads	Fillings	Pud-dings/Desserts	Snacks	Other	Drinks
Wholemeal	Marmite	Yoghurt	Carrot sticks	Rice salad	Pure fruit juice
Granary	Salad	Muller Rice	Cucumber sticks	Pilau rice	Milkshakes
Chapatis	Ham	Muller Corner (fruit only)	Cherry Tomatoes	Pasta salad	Still Water
Tortillas	Chicken	Tea Cakes	Raisins	Home made pizza	Squash (sugar free)
Ciabatta	Turkey	Dried Fruits	Fruit Flakes (no yoghurt)	Hot food e.g. soup in a flask	Milk
Bagels	Cheese Spread	Jelly (sugar free)	Cheese Strings		
Pitta	Cheese (hard)	Pieces of Fruit	Baby Bel Cheese		
Brown	Pickle		Snack a Jacks		
Multi-Grain	Tuna		Crackers		
Baguettes	Corned Beef		Popcorn (plain)		

Our staff work hard to make sure that all children eat their lunch—but if you are ever worried about anything to do with lunchtimes and your child eating their lunch then please come and see Mrs Edwards. We will then work out how best to support your child.