

## **School Meals and Snacks**

### **How much is school dinner money?**

Hot school meals are currently free of charge to all pupils in Foundation, Year 1 and Year 2 through a Government scheme. For pupils in Years 3-6 school dinners cost £2.10 per day.

### **If my child has packed lunch, what should I include?**

Should you decide to make a packed lunch, please put your child's name on the lunch box. We promote healthy packed lunches. With your child's packed lunch, please also include a lunchtime drink of juice or water (not a fizzy sugary drink) in a leak proof container and a piece of fruit or raw vegetables. It is suggested that cool bricks be packed with your child's lunch. Please do not include chocolate bars, sweets or nuts.

The packed lunch represents approximately a third of the child's daily food intake and therefore it is important that healthy foods are included to provide children with enough energy, protein, fibre, vitamins and minerals, which all help them to learn.

A good packed lunch contains:

- A starchy food, such as bread, rolls, pitta bread, naan bread, potatoes, rice, noodles. These foods are good for children to fill up on.
- A good source of protein, iron and zinc such as meat, fish, beans, or eggs.
- A good source of calcium such as milk, cheese, yoghurt or fromage frais.
- And one portion of fruit and one portion of vegetable or salad to provide all the other vitamins and minerals. A piece of fruit could be a 100% juice or piece of fresh fruit, dried fruit or tinned fruit in fruit juice. A piece of vegetable could be a carrot stick, salad or a piece of cucumber or cherry tomatoes.

No single food contains all the essential nutrients the body needs to be healthy and function efficiently so it is important that the content of the packed lunch is varied.

Ideas for Healthy Lunch Boxes are included on our school website. Healthy Eating workshops are held for parents/carers during the school year.

### **What about snacks such as crisps, cakes and pastries?**

These foods should only be given occasionally. Children will then appreciate them more. If these foods are included in packed lunches they might eat these first and not have the appetite to eat the other foods that will provide them with the important nutrients they need to grow and develop, be healthy and active.

Crisps, cakes and pastries can be included in packed lunches on a Friday.

*Please note children are not allowed sweets, nuts (including peanut butter sandwiches), chocolate bars, or fizzy drinks in packed lunch boxes.*

## **Water**

We encourage all children to bring a drink of water in a bottle with a sports-type cap, and the child's name written on the bottle. Water bottles can be purchased from the School Offices. They can sip water throughout the day. We do not allow juice, squash or fizzy drinks to be taken during lesson time. Water is excellent for children's hydration and this helps their brain function and learning.

## **Mid-morning snacks, fruit and vegetables**

### **Tenterden Infant School**

Free fruit and vegetables are offered to EYFS and KS1 (FS-Yr2) pupils only and children have these during the school day. Pupils are encouraged to include fruit or raw vegetables as part of their packed lunch, or to choose fruit as part of their school meal.

### **Tenterden C of E Junior School**

KS2 (Yr3-6) pupils can bring in their own healthy fruit or veg snack each day for mid-morning.

*Please note children are not allowed sweets, chocolate bars, cereal bars, nuts, crisps or fizzy drinks for their mid-morning snack.*