



Fleet Primary School

Fleet Road Hampstead London NW3 2QT

Tel: 020 7485 2028

E-mail: admin@fleet.camden.sch.uk

Executive Headteacher: Don McGibbon



Whole School Food Policy

This whole school food policy has been created using the Camden model policy which is based on statutory requirements, government guidance and best practice examples.

Contents

About the policy	page 2
About school lunches	page 5
Food other than Lunch	page 5
Breakfast Club	page 5
Break Time	page 6
After School Club	page 6
Water for all	page 6
Healthy events, birthdays, cake sales and rewards	page 7
Rewards	page 7
Food allergies	page 7
Communication & Food Allergies	page 7
Individual Management Plan Development	page 8
Training and Education	page 8
Engaging Parents and Carers in Healthy Eating	page 8
Supporting Healthy Weight and Physical Activity	page 8
Educational Opportunities for Families	page 8
Healthy School Commitment	page 9
Monitoring food provision	page 9
Disseminating the policy	page 9
Appendix 1: Packed Lunch Policy	page 10
Appendix 2: Eatwell Guides	page 12
Appendix 3: NHS Advice for healthy lunches	page 13

Head Teacher: Don McGibbon
Issue Date: January 2026

Chair of Governors: Marcus Boyland
Review: January 2028

1. About the policy

Introduction

This policy covers all food provided and consumed in school including before, during and after school, on school trips and in extra-curricular activities.

Why is a policy needed?

In Camden, 1 in 5 Reception aged pupils and more than 1 in 3 Year 6 pupils are overweight or obese and we are committed to helping to reduce and prevent obesity in childhood.

We also recognise the important part a healthy diet plays in a child's wellbeing and their ability to concentrate, learn effectively and achieve.

As a school we believe that by working in partnership with parents and carers, we can play an important role in preventing and reducing obesity by ensuring pupils eat a healthy, balanced diet while at school and learn about healthy eating, cooking and making healthy food choices

The **School Food Plan** was published in 2013 by the Department of Education and sets out seventeen actions to transform what children eat in schools and how they learn about food. As part of the School Food Plan, the Department of Education launched the School Food Standards for all food served in schools. These became mandatory in all maintained schools, academies and free schools from January 2015. Governors are responsible for ensuring these are being met.

The **Eat Well Guide** was developed in 2016 and shows the proportions in which different groups of foods are needed in order to have a well-balanced and healthy diet.

We support the School Food Plan and ensure we provide food and drinks that meet the **School Food Standards** and reflects the **Eat Well Guide**.

This policy explains

- How we promote healthy eating
- What we do to provide healthy balanced food throughout the school day
- How we help pupils eat healthily
- What we teach so that pupils know how to make healthy food choices

Our approach to improving pupils' health through healthy eating

We aim to

- Increase knowledge and awareness of a healthy diet
- Provide safe, tasty, and nutritious food that promotes health
- Enable all pupils to have a healthy school meal
- Make healthy eating enjoyable and the norm
- Provide safe, easily accessible water during the school day
- Promote healthy eating/healthy food choices and discourage unhealthy eating/unhealthy food choices
- Be a role model for healthy eating
- Monitor healthy choices, including packed lunches
- Use a range of opportunities to promote healthy eating
- Ensure consistent messages regarding healthy eating are reinforced throughout the school day including at special events and celebrations

Responsibility:

It is the responsibility of all staff including teaching, support staff and catering staff to implement the food policy and to act as role models, demonstrating positive attitudes to healthy eating and developing pupils' awareness and understanding of how to make healthy food choices.

Senior Members of staff lead on the development and monitoring of the Whole School Food Policy and liaise with the lunchtime meal supervisors, cooks and kitchen staff. Senior Members of staff liaise with the caterer and food contractor (where relevant) to ensure that the food and drinks served, consistently comply with the National School Food Standards (SFS); at breakfast clubs, afterschool clubs, break, lunch and special events.

The PSHE lead in liaison with the Science Lead, is responsible for what is taught about healthy eating and the DT Lead is responsible for the Cooking and Nutrition curriculum.

The lead governors on personal development, behaviour and welfare ensures the policy and SFS are implemented.

Caterers and kitchen staff are responsible for providing high quality food, promoting healthy eating and contributing to a welcoming and positive eating environment.

Key contacts:

PSHE and Citizenship Lead: Sinead Costelloe

DT/Cooking and Nutrition: Stella Nnochiri

Science Lead: Rachel Webb

Lead Governor: Rebecca Combes

Senior Leadership Team Member with responsibility for food in schools: Don M^cGibbon

Catering contact: Caterlink via Debbie Barry (school SBM)

This policy will contribute towards other policies in the following way

Behaviour	We use non-food related rewards for positive behaviour
PSHE	Healthy food and making healthy choices is included in the curriculum
Science	Healthy eating and nutrition education is part of the science curriculum
Design and Technology (including Cooking and Nutrition)	We teach the statutory Cooking and Nutrition curriculum to Key Stage 1 and 2 which includes practical cooking opportunities
Equality	We take account of the needs of all our children, including those with disabilities, dietary needs and allergies

Development of the policy

This policy was drafted by the head teacher following advice from Camden's Health and Wellbeing Team. We have taken account of national guidance produced by Better Health, information from the Department of Health, NHS and the National School Food Standards.

Teaching about healthy eating and cooking in the curriculum

The statutory cooking and nutrition curriculum covers the teaching of:

- Food production, preparation, and its nutritional value.
- The importance of hygiene and safety in food handling.
- This curriculum is a statutory requirement for pupils at Key Stages 1 and 2 and is primarily taught through PSHE, Science, and Design and Technology (D&T).

Our Approach to Cooking and Nutrition

We ensure that:

- Cooking lessons are taught every year for all pupils up to Year 6.
- Pupils have at least three opportunities annually to prepare and cook healthy food, aligning with the national curriculum and often linked to their topic.
- Lessons emphasise the importance of hygiene and safety in food preparation.
- Teaching about healthy food choices is integrated with school lunch menus and linked to school-wide celebrations and events.

Monitoring and Assessment

- Pupils' learning about healthy eating is monitored and assessed in accordance with the school's assessment policy through Science, PSHE, and Cooking and Nutrition lessons.

In September 2020 teaching about healthy eating became statutory as part of health Education. By the end of primary, children should know:

- What constitutes a healthy diet (including understanding calories and other nutritional content)
- The principles of planning and preparing a range of healthy meals.
- The characteristics of a poor diet and risks associated with unhealthy eating (including obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).

Delivery of practical cooking lessons

Practical cooking lessons focus on healthy, predominantly savoury recipes, aligning with the principles of the School Food Standards.

Nurturing healthy eaters

At times, children may exhibit selective eating habits or appear to be "fussy eaters." To encourage healthy eating, it is essential to adopt a consistent approach to addressing this behaviour. Consistency is best achieved when all those involved during mealtimes—whether at home or school—agree on and implement the same strategies. To support this, we prioritise open communication with parents and carers, working together to develop joint solutions that ensure consistency between home and school environments. We follow the recommended strategies provided by Camden to encourage positive eating behaviours, which include:

- Seating Arrangements: Pairing children who display selective eating habits with peers who demonstrate positive eating behaviours.
- Positive Reinforcement: Using praise and non-food rewards to acknowledge and encourage healthy eating habits.
- Neutral Responses to Selective Eating: Avoiding comments or attention that may inadvertently reinforce fussy eating behaviours.
- Role Modelling: Staff actively participate by sitting and eating with the children during mealtimes, setting a positive example.
- Encouraging Independence: Allowing children to serve themselves, where appropriate, to foster autonomy and engagement with their meals.

By implementing these strategies, we aim to create a supportive and encouraging environment that promotes healthy eating habits for all children.

2. About school lunches

School lunches

Our school meals are provided by a contracted caterer who adheres to the School Food Standards (SFS). Recognising that taste preferences can evolve over time, we support the introduction of new recipes and foods into the school menu. Research shows that it may take up to 15 attempts for a child to decide whether they like or dislike a food, so we encourage pupils to explore a variety of nutritious options. Any changes to the menu are carefully reviewed to ensure continued compliance with the SFS.

We actively encourage parents, carers, and pupils to opt for school meals instead of packed lunches, when possible, as these meals provide a well-balanced, nutritious hot lunch every day. We offer both halal and non-halal meal options, as well as a vegetarian choice each day. Additionally, we ensure that specific dietary needs, including vegetarian and medical requirements, are always met appropriately.

At the beginning of the school year and on an ongoing basis, we promote school lunches to pupils, parents, and carers. We gather feedback from students to continuously improve the lunchtime experience and ensure the dining hall remains a welcoming and positive environment.

A copy of the weekly menu is shared with parents and carers via communication channels, including the weekly school newsletter. Staff consistently encourage pupils to try foods they may have rejected in the past, fostering a more adventurous and balanced approach to eating. We strive to create a calm and positive atmosphere in the dining area, where pupils can socialise and enjoy their meals in a relaxed environment.

Staff actively monitor food choices and encourage pupils to explore new foods, fostering a positive attitude towards trying different options. The school council plays a key role in gathering pupil feedback and sharing it with the school cook, ensuring that the menu reflects the preferences and needs of the students. Any proposed changes to the menu are always made in alignment with the School Food Standards.

Periodically we arrange for parents to sample the school lunches and share their experiences, providing valuable feedback that helps shape and inform our food policy. Under the current 'Mayor of London' scheme all children are able to access a free school meal – this programme is reviewed by the Mayor's office annually.

Food other than lunch

All food provided by the school, including that served at breakfast club, break times, and afterschool clubs, aligns with the School Food Plan guidelines for food other than school lunches and follows the healthy eating principles outlined in the Eatwell Guide.

We also adhere to additional guidance from the Camden Health and Wellbeing Team on suitable food options for these times, ensuring our provisions meet the highest standards of nutrition.

Breakfast Club

We offer a range of foods and drinks that comply with the National School Food Standards for meals other than lunch and reflect the principles of the Eatwell Guide, including:

- Fresh, dried, stewed or tinned fruit (in natural juice)
- Vegetables e.g. tomato, mushroom, avocado or spinach
- Porridge, wheat biscuits, popped rice cereal, low sugar muesli or cornflakes
- Toast and rolls
- Semi-skimmed milk

- Low salt and low sugar baked beans
- Reduced-fat spreads, such as olive oil or sunflower spreads

Break Time

Pupils are encouraged to bring only healthy snacks that are low in fat, sugar, and salt. Acceptable options include:

- Fruit
- Vegetables
- Plain, low-fat yoghurt
- Rice cakes

Children in Early Years and Key Stage 1 are provided with a free morning snack of fruit and vegetables. This encourages healthy eating habits, and children are encouraged to motivate each other to enjoy these nutritious options. Additionally, students are given the responsibility of helping to clear up leftover food, promoting a sense of responsibility and environmental awareness.

After School Clubs

Food and drink provided by after school clubs or brought in by pupils needs to be consistent with the school's healthy eating messages, meet the National School Food Standards for food other than school lunches and reflect the Eatwell Guide.

We ask that pupils refrain from bringing the following items to school:

- Cereal bars
- High-sugar spreads such as jam, lemon curd, honey, chocolate spread, and Marmite
- Confectionery including chocolate bars, chocolate-coated biscuits, and sweets
- Crisps
- Crackers and breadsticks
- Baked goods such as croissants and brioche
- Processed meat products like sausage rolls, scotch eggs, hot dogs, and pepperoni
- Fruit juice or squash with added sugar or sweeteners
- Fizzy drinks, energy drinks, or sweetened milkshakes

To help guide food choices, please note the following nutritional guidelines:

- Sugar: 22.5g or more per 100g is high (5g or less per 100g is low)
- Fat: 17.5g or more per 100g is high (3g or less per 100g is low)
- Salt: 1.5g or more per 100g is high (0.3g or less per 100g is low)

These guidelines help us maintain a healthy, balanced diet and ensure the wellbeing of all students.

Water for All

To promote healthier choices and reduce the consumption of sugary drinks, we are proud to be a water-only school. As part of this initiative, water and milk (for nursery) are the only drinks allowed outside of mealtimes (lunch and break times). In line with the National School Food Standards, water is provided for all pupils during school meals.

If a pupil brings a sugary drink to school, they will be asked to take it home, and we will inform parents and carers about the school's food policy.

We have water fountains located throughout the school grounds, and pupils are encouraged to drink water regularly throughout the day. Additionally, each pupil is encouraged to have an individual reusable water bottle in class. Water is also available to staff and visitors in the staff room.

Healthy Events, birthdays, Cake Sales and Rewards

We follow the guidance provided by the Camden Health and Wellbeing Team to support healthy celebrations and events. Our aim is to find alternatives to traditional cake sales and provide healthier options for special occasions.

While we want pupils to have the opportunity to celebrate their birthdays and other special events, we ask that parents and carers refrain from sending in birthday cakes or treats that do not meet our food policy. This helps us reduce the consumption of foods high in fat, sugar, and salt, ensuring that celebrations align with our commitment to healthy eating.

If parents and carers wish to bring something in to celebrate birthdays or other special occasions, we encourage the provision of healthy options such as fruit, rather than cakes and sweets. However, we also recognise the importance of equality and inclusivity, so there is no expectation for parents and carers to provide food for birthday celebrations.

Throughout the year, we offer a few fundraising opportunities, with cake sales limited to no more than one per half term. At all cake sales, we ensure that healthy alternatives are available.

We believe it is essential for pupils to learn about cultural celebrations, and food often plays a central role in these events. When we hold celebrations, we focus on providing healthy foods that are low in fat and sugar, with an emphasis on including fruit and vegetables. If parents and carers would like to contribute food to a celebration, we kindly ask that healthier cooking methods, such as baking, boiling, and grilling, be used instead of frying, and that mostly savoury foods are offered.

Rewards

We do not reward children with food, instead we use praise and non-food rewards such as stickers.

Food Allergies

As part of our duty of care to all pupils we use guidance from Anaphylaxis UK <https://www.anaphylaxis.org.uk/> to take a whole school approach to allergy management. Further support and information can be found from Allergy UK <https://www.allergyuk.org/> and Food Standards Agency <https://www.food.gov.uk/safety-hygiene/food-allergy-and-intolerance>

PLEASE NOTE WE ARE A NUT FREE SCHOOL DO NOT SEND YOUR CHILD IN TO SCHOOL WITH ANY FOOD CONTAINING NUTS

To minimise the risk of an allergic reaction it is important a shared responsibility between the child (if age-appropriate), family of the child, school, school caterer, GP and school nurse is taken. As part of this, we have procedures in place to minimise the risk of a reaction occurring in a food-allergic child and these procedures are reviewed following the event of a reaction occurring. These include:

Communication and Food Allergies

The safety and wellbeing of our pupils are our top priority, particularly when it comes to food allergies. If your child has been diagnosed with a food allergy by a healthcare professional (e.g., GP or dietician), we ask that you notify the school as soon as possible. This information will be shared with the school nurse and school caterer to ensure appropriate care and precautions are taken.

It is essential that the school has accurate and up-to-date details regarding your child's allergies, and parents are expected to inform the school of any changes to this information.

If there is a known risk of allergic reactions to certain foods (such as nuts) among the pupils, we will seek expert advice and may request that parents avoid sending in food products that contain these allergens in packed lunches or any other food brought to school.

For pupils whose meals are provided by Caterlink, parents and carers will be asked to complete a form to ensure the caterer has all the necessary information to accommodate their child's dietary needs

Individual Management Plan Development

We work closely with parents to develop an individual management plan tailored to meet the specific needs of each child throughout the school day. This plan is communicated to all relevant school staff, ensuring they are aware of any potential triggers and take steps to minimise risks.

The child's management plan is reviewed annually or immediately following an allergic reaction, whichever occurs first.

All medications are clearly labelled with the drug name, the child's name, date of birth, expiry date, and detailed instructions on how to administer the medication.

Training and Education

All staff members receive appropriate training on how to minimise allergy triggers and manage allergic reactions, including the use of epinephrine (epi-pens).

We also educate pupils about allergies, helping them understand the health effects and the importance of avoiding allergens. Pupils are taught not to share or swap foods in order to reduce the risk of accidental exposure to allergens

3. Engaging Parents and Carers in Healthy Eating

We actively inform and involve parents and carers in promoting healthy eating by sharing information about our food and packed lunch policies through coffee mornings, the school website, and newsletters. The partnership between home and school plays a critical role in shaping children's behaviours, particularly when it comes to health. Each setting reinforces the other, and as a school, we always strive to lead by example to provide a consistent message about healthy eating. We encourage parents and carers to do the same.

We ask that parents and carers adhere to the school's packed lunch policy, both for school meals and for food brought on school trips.

Supporting Healthy Weight and Physical Activity

We encourage parents and carers to participate in the annual National Child Measurement Programme (NCMP), which measures the weight of children in Reception and Year 6. If needed, we provide information on where parents can seek advice and support to achieve and maintain a healthy weight. We also make referrals to external support services through our referral system when necessary.

Educational Opportunities for Families

We offer Camden's Families for Life Programme, which provides family learning workshops for children aged 2-11 years on topics such as healthy eating, physical activity, and cooking. Additionally, we promote healthy eating workshops for parents and carers of children under 5, delivered through our own workshops, Children's Centres, and nurseries.

Healthy School Commitment

We are committed to being a healthy school, advertising and promoting local initiatives both in and out of school through our school newsletter. Our approach to healthy eating is an integral part of this commitment.

Monitoring Food Provision

Camden Council is responsible for ensuring the quality of food provided for school meals in schools that use Camden's school meals contractor. In addition, the school actively gathers feedback from pupils, parents, carers, and staff regarding healthy eating and the food provided. This feedback is collected as part of an annual review process.

The results from this review are used to assess the effectiveness of the food policy and identify areas for improvement. This helps us continuously enhance the quality of school meals and the food provided throughout the school day.

4. Disseminating the policy

A full copy of this policy is available to parents and carers on request and is on the school website. Copies are supplied to other professionals whose work relates to healthy eating or who may be involved in supporting the curriculum.

Appendix 1: Packed Lunch policy

Appendix 2: Eatwell Guide

Appendix 3: NHS lunch box guidance for parents/carers

5. Appendices

- Appendix 1: Packed lunch policy
- Appendix 2: Eatwell Guide
- Appendix 3: Letter for Parents – Packed Lunch FAQs information
- Appendix 4: Letter to parents - inappropriate packed lunch items
- Appendix 5: Healthy Breakfast Club
- Appendix 6: After School Club Guidance



Fleet Primary School

Fleet Road Hampstead London NW3 2QT

Tel: 020 7485 2028

E-mail: admin@fleet.camden.sch.uk

Executive Headteacher: Don McGibbon



Appendix 1: Packed Lunch Policy

Aim

To ensure that all packed lunches brought from home and consumed in school hours, including on school trips, provide pupils with healthy and nutritious food that is in line with The School Food Standards.

Why was this policy produced?

- To make a positive contribution to pupils' health and reflect a Healthy School
- To promote consistency between packed lunches and food provided by the school which complies with the National Food Standards set by the government.
- To reflect NHS guidance <https://www.nhs.uk/healthier-families/recipes/healthierlunchboxes/>

Packed lunches should include:

- At least one portion of fruit and one portion of vegetables every day.
- Meat or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus or falafel) every day.
- Fish at least once a week and oily fish, such as salmon, trout, mackerel and sardines, at least once every three weeks.
- A portion of starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day (aim for wholegrain varieties)
- A portion of dairy such as semi-skimmed milk, low fat cheese, low fat and sugar yoghurt, fromage frais, soya products every day.
- Only water, (pure fruit juice containing no added sugar, semi-skimmed or skimmed milk, smoothies, yoghurt or milk drinks are permitted).
- Fruit-based puddings are encouraged. Examples include fruit salads, tinned fruit with yoghurt or custard, fruity rice puddings, fruit smoothies, and fruit-based crumbles.

Packed lunches should not include:

- **Products containing nuts – for the safety of those with allergies we are a nut free school**
- Salted snacks such as crisps.
- Confectionery such as chocolate bars, chocolate-coated biscuits, chocolate spread, and sweets.
- Meat products such as sausage rolls, individual pies, corned beef, and sausage/chipolatas (only allowed occasionally, no more than twice a week).
- Fizzy or sugary drinks.

(Note: 22.5g or more sugar per 100g is considered high; 5g or less per 100g is low.)

Special Diets and Allergies

The school recognises that some pupils may require special diets that do not fully align with the National School Food Standards. In such cases, parents and carers are responsible for ensuring packed lunches are as healthy as possible. Pupils are also not permitted to swap food items to avoid potential allergens and ensure dietary needs are met. As mentioned above we are a nut free school and so no items containing nuts should be brought in as part of a packed lunch.

Packed Lunch Containers

Parents and carers are responsible for providing a suitable packed lunch container that keeps food securely stored until lunchtime. We encourage the use of reusable containers (preferably plastic) labelled with the

child's name, rather than disposable plastic bags or bottles.

To help prevent harmful bacteria, it is advised that an ice pack be included in the lunch container, as foods can become unsafe if stored in warm temperatures.

Facilities for packed lunches

We will:

- Provide appropriate facilities to store packed lunches - packed lunch containers are stored on the packed lunch trolley inside the hall. They are collected on the way in to the lunch hall and returned there when the child has eaten. They should be taken home and cleaned every.
- Provide free, fresh drinking water.
- Provide appropriate dining room arrangements for all pupils, regardless of whether they have school lunches or packed lunches, and wherever possible, ensure that pupils with a packed lunch and pupils having school meals, are able to sit and eat together.

Monitoring Packed Lunches

To promote healthy eating, we regularly monitor the contents of packed lunches. We involve both pupils and staff in this process and may offer advice and guidance to parents and carers as needed. If a pupil consistently brings packed lunches that do not meet these guidelines, a letter will be sent home along with a copy of this policy.

Sharing this policy

Key information from this policy will be incorporated into the following documents
School Food Policy – on the School website

A full copy of this policy is freely available to parents on request. Copies are supplied to other professionals whose work relates to healthy eating or who may be involved in its delivery.

The South Asian Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturated	Sugar	Salt
1048kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables



Eat less often and in small amounts

Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Potatoes, bread, rice, pasta and other starchy carbohydrates

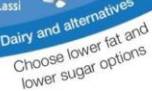


6-8 a day
Water, lower fat milk, sugar-free drinks including tea and coffee all count.
Limit fruit juice and/or smoothies to a total of 150ml a day.

Beans, pulses, fish, eggs, meat and other proteins



Dairy and alternatives



Oil & spreads
Choose unsaturated oils and use in small amounts



Fareeha Jay
A.A.P. KI DIETITIAN

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

© Crown copyright 2016

Page | 14



Fleet Primary School

Fleet Road Hampstead London NW3 2QT

Tel: 020 7485 2028

E-mail: admin@fleet.camden.sch.uk

Executive Headteacher: Don McGibbon



Appendix 3: NHS Advice for healthy lunches

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

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

MAKING A HEALTHY PACKED LUNCH
JUST FOLLOW THESE 5 SIMPLE STEPS

STEP 1. BEGIN WITH A STARCHY ENERGY FOOD
Choose from:
• Sliced bread
• Pitta bread and wraps
• Chapattis and roti
• Bread rolls and bagels
• Soda bread
• Pasta, couscous, rice, noodles or potatoes
TOP TIP: For longer lasting energy, choose wholemeal and wholegrain varieties.

STEP 2. ADD A HEALTHY FILLING TO HELP YOU GROW
Such as:
• Chicken, turkey or ham
• Fish (fresh or tinned)
• Tuna, pilchards, sardines, mackerel, salmon
• Lower fat cheeses such as cottage cheese, edam, mozzarella, reduced fat cheddar
• Beans and pulses
• Egg
• Hummus
• Dahl
TOP TIP: When choosing a meat filling, go for lean options.

STEP 3. AND REMEMBER THE SALAD!
Try:
• Tomato
• Cress
• Beetroot
• Shredded lettuce
• Grated carrot
• Cucumber
• Sweet corn
• Celery
• Peppers
• Avocado
TOP TIP: Add a rainbow of colours to give you lots of different vitamins.

STEP 4. INCLUDE DAIRY PRODUCTS FOR GROWING BONES AND TEETH
Try:
• Milk
• Cheese
• Calcium fortified soya products
• Fromage frais
• Low fat rice pudding
• Unsweetened, fat-free yoghurt
TOP TIP: Semi-skimmed or skimmed milk, low fat yoghurts and reduced fat cheese are best.

STEP 5. DON'T FORGET TO ADD FRUIT AND VEGETABLES TO KEEP YOU HEALTHY & STRONG
Try:
• Fresh fruit such as apples, bananas, pears, melon pieces
• Small box of dried fruit such as raisins, apricots, pineapple
• Cherry tomatoes, grapes, carrot and cucumber sticks, slices of pepper or celery
• Fruit salad - tinned in natural juice or fresh
TOP TIP: Enjoy a variety of seasonal fruit and vegetables.

REMEMBER: IT'S IMPORTANT TO DRINK PLENTY OF FLUIDS, ESPECIALLY WATER

THE change4life SNACK SWAPPER
High in fat/sugar/salt: Healthier option:
Chocolate biscuits → Rice cakes, unsalted or unsweetened popcorn
Cakes → English-style breakfast muffin, fruit scone
Chocolate → Banana
Crisps → Rice cakes, breadsticks with lower fat cream cheese
Fizzy cola → 100% fruit juice, or 100% fruit juice with fizzy water
Sweets → Handful of dried fruit, such as raisins
Try to vary your packed lunch every day. For more healthy tips, see www.nhs.uk/change4life