



Encouraging a Healthy Packed Lunch

At Ashton Vale we know how important it is that children have a healthy, balanced lunch (based on the Eatwell plate). Our school dinners are a very healthy choice and the best way of ensuring children have a good balanced meal.

Rather than banning packed lunches outright, we resolved to make them as healthy as possible. We send out weekly newsletters to parents, explaining what the rules are on packed lunches and why they are important. For example, jam or chocolate spread sandwiches are not allowed because they “do not have the necessary protein to support children’s learning throughout the afternoon.” These rules are linked to the Eatwell plate so that parents and pupils all have a clear idea of what a healthy diet looks like.

Our teachers decided that it wasn’t worth upsetting parents by introducing a compulsory packed lunch inspection. So we tried a subtler approach using an incentive. Once a week, children can volunteer to have their lunchbox inspected. Those who pass the healthy lunchbox test get a raffle ticket for a prize draw.



More details can be found at: <http://ashtonvaleprimary.weebly.com/healthy-lunchboxes.html>