

Pack Ups & Picnics!

Information, advice & top tips for Healthier Packed Lunches

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School Meals

- Contribute to almost a third of a child's weekly food intake
- We encourage all children to have a school meal
 - **ALL children in Reception, Y1 & Y2 can have Free School Meals**
 - **Many children in Y3, Y4, Y5 & Y6 are entitled to Free School Meals**
- We offer healthy lunches to all children and each day there are four options:
 - 1) Hot main meal
 - 2) Hot vegetarian main meal
 - 3) Sandwich option
 - 4) Jacket potato with a choice of topping



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Drink	Volume	Sugar Cubes	Sugar Grams
Monster	500ml	13.75	55g
Fanta	473ml	13.75	55g
Coca-Cola	330ml	8.75	35g
Orange Juice	300ml	6.5	26g
Soft Drink	500ml	5.9	23.6g
Cola	500ml	5.75	23g
Smoothie	180ml	5.5	22g
Water	500ml	0	0g

Whenever possible, try to swap to water, low-fat milk and sugar-free drinks

1 cube = 4 grams sugar

So how much is too much?
maximum daily amounts of added sugar are

Age Group	Maximum Daily Amount (Cubes)	Maximum Daily Amount (Grams)
4-6 years	5 cubes max	or 19 grams
7-10 years	6 cubes max	or 24 grams
11+ years	7 cubes max	or 30 grams

Download the sugar smart app
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Things To Avoid

You should try to avoid including foods that are high in fat, sugar and/or salt as these are bad for our health.

It is advised against including any of these types of items:

- ✗ Confectionery, such as chocolate bars & sweets
- ✗ Meat and pastry products, such as sausage rolls or pies
- ✗ Savoury snacks, such as crisps or processed meat snacks (e.g. Pepperami)
- ✗ Chocolate coated biscuits
- ✗ Cakes, bakes, buns or slices

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