



## Steiner Academy Healthy Packed lunch guidance

March 2016

We have recently compiled a school food policy for the school. To tie in with this we have compiled some new guidance on packed lunches.

We are trying to build a healthy school food culture. We want our children to appreciate and understand how important what we ingest is for our health and our learning. We want to install a sense of how important the ways in which our food is grown and how this impacts us and our environment.

We do not want to be encouraging excessively sugary foods in the packed lunches.

### What's not encouraged?

- Danish pastry's
- No packets of sweets
- Dried fruit bars with added sugar
- Yogurt with confectionary corners
- Foods containing chocolate
- Crisps
- Ribena, Capri sun or own brand equivalent, fizzy drinks, artificially low sugar drinks, fruit juice.
- Breaded meats (nuggets etc)

### How do I know if it's healthy?

NHS guidance

Manufacturers often use carefully-worded health claims to help make their products appear to be healthy. However, sometimes this is not the case. Use the table below to see if a product is low or high in sugar and salt. Remember to always look under the per 100g column. Check the ingredients list to see if sugar has been added using another name.

## Other Names for Sugar

Glucose, Fructose, Sucrose, Maltose, Maltodextrin, Oligo-fructose,



Glucose How much sugar salt per 100g?

Sugar 2g - low 10g - high

Salt 0.3g - low 1.5 - high