



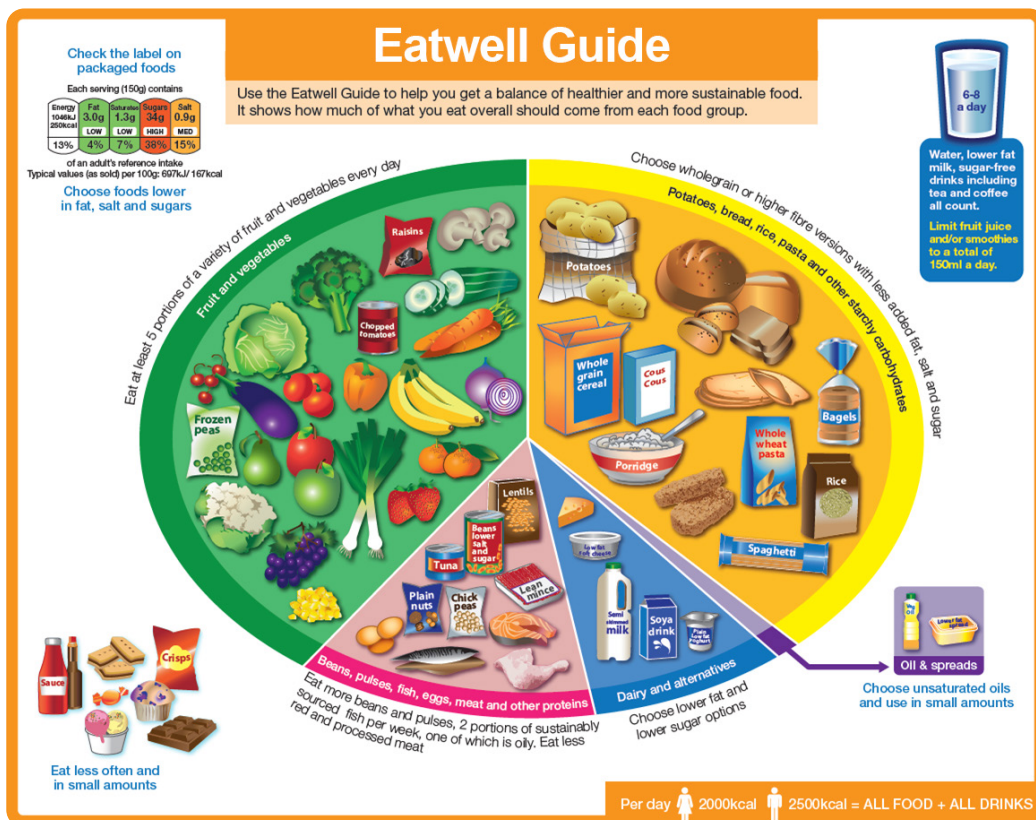
the school food people



Guidance for School Holiday Food Packs

This guidance has been further reviewed and prepared jointly by LACA, PHE and DfE and sets out some general principles for putting together a food parcel for a two week period which will allow parents/carers to prepare simple and healthy lunches for their child/children at home across the week.

1. Families and schools may find weekly food parcels easier than a more frequent approach. Minimise the fridge and freezer space needed to store foods, and do not rely on families having additional ingredients at home to prepare meals.
2. Food parcels should contain a balance of items from the different food groups, to reflect a healthy balanced diet for a child, as depicted by the **Eatwell Guide** (below) and in line with the School Food Standards.





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Each parcel should provide:

- **A variety of different types of fruit and vegetables**, to provide at least one portion of fruit and one portion of vegetables each day.

These can be fresh or tinned but it's best to source versions tinned in water or fruit juice, with no added salt or sugar.

- **Some protein foods** (such as beans, pulses, fish, eggs, meat and other non-dairy proteins), to provide a portion of food from this group every day.

Meat and fish should be cooked (e.g. cooked ham or chicken slices) or tinned (e.g. tuna, salmon). Consider alternating between different protein foods to provide variety.

- **Some dairy and/or dairy alternatives** (such as milk, cheese, yoghurt), to provide a portion of food from this group every day.

3. Food parcels should not contain items restricted under the School Food Standards (e.g. confectionery, crisps). The Standards allow desserts at lunchtime, and we recommend desserts containing fruit, such as fruit cocktail, lower-fat fruit yoghurt, or malt loaf. Any pre-prepared meals provided must also meet School Food Standards.
4. An example of the types and quantities of foods that could be included in a parcel is detailed below, based on information from school caterers. Chilled items such as milk may need to be substituted with ambient alternatives if refrigeration is not possible. Caterers should prepare for food parcels by ensuring they have sufficient stocks of domestic-sized items such as tinned goods.
5. The Change4Life website offers some simple lunch ideas for children, which may be a useful guide when preparing a food parcel. Each set of recipes contains 5 easy, tasty, lunches, complete with shopping lists.
6. Parcels should cater for children who require special diets (e.g. allergies, vegetarians or religious diets) and schools should ensure there are systems in place to avoid cross-contamination. The Department for Education has published allergy guidance for schools.

The Department for Education has published wider guidance on providing school meals during the coronavirus (COVID-19) outbreak.



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Week 1

- 1 loaf of bread or pack of rolls / 10-inch wraps
- 2 baking potatoes
- 1 cucumber
- 3 large tomatoes or 1 pack of cherry tomatoes
- 1 standard tin sweetcorn in water
- 2 items from the following:
1 pack sliced cooked meat (e.g. chicken, ham or vegetarian alternative)
or 1 tin meat or 1 tin tuna in water or 6 eggs
- 200g block of cheese
- 1 tin baked beans
- 1 500g pot plain low-fat yoghurt or 3 individual serving yoghurt pots
- 5 portions of fresh fruit
(e.g. apples, satsumas, bananas) or 3 portions of fresh fruit and 1 tin of
fruit in juice (e.g. pears, peaches, fruit cocktail)

Week 2

- 1 loaf of bread or pack of rolls / 10-inch wraps
- 1 baking potato
- 1 pack of pasta
- 1 jar of pasta sauce / tin of chopped tomatoes
- 1 cucumber
- 3 large tomatoes or 1 pack of cherry tomatoes
- 1 standard tin sweetcorn in water
- 2 items from the following:
1 pack sliced cooked meat (e.g. chicken, ham or vegetarian alternative)
or 1 tin meat or 1 tin tuna in water or 6 eggs
- 200g block of cheese
- 1 tin baked beans
- 1 500g pot plain low-fat yoghurt or 3 individual serving fruit/rice pots
- 5 portions of fresh fruit (e.g. apples, satsumas, bananas) or 3 portions
of fresh fruit and 1 tin of fruit in juice (e.g. pears, peaches, fruit cocktail)



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Here are some ideas the food in this parcel will make:

- Beans on Toast
- Jacket Potato with Baked Beans
- Tuna and Cucumber Sandwich
- Tuna and sweetcorn on Jacket Potato
- Cheese and tomato sandwich with cucumber sticks
- Cheese and tomato omelette
- Poached egg on toast
- Cheese on toast with tomato and cucumber sticks
- Tuna pasta bake
*Using pasta, tuna and pasta sauce/tinned tomatoes.
Cook the pasta in boiling water, drain and mix all ingredients together, sprinkle with grated cheese and bake until golden brown.*
- Meat pasta
Using pasta, meat and pasta sauce/tinned tomatoes
- Baked tuna, veggie or meat and sweetcorn fajita
Using wraps filled with tinned tuna/meat and sweetcorn, covered in pasta sauce and grated cheese, popped under the grill to heat and melt cheese
- Margherita pizza wrap
Using grated cheese mixed with pasta sauce in a wrap and grilled
- Fruit and Yoghurt for pudding

We hope LACA members find this of benefit when planning and supplying food to children during school holiday periods when required.

The approximate cost of this pack equates to £12.00 per week.