

Practical Tips for a Healthy Lunchbox

- ☺ Try to vary the contents of the lunchbox daily. That way you can ensure your child is getting the variety of nutrients their bodies need to function.
- ☺ Involve your child in preparing their lunchbox. They are more likely to enjoy food they have made themselves.
- ☺ To keep food fresh, make sure they are stored properly: lunches packed the night before need to be stored in the fridge.
- ☺ If your child refuses to eat brown bread, try a lighter variety or make sandwiches using a slice of white and a slice of brown.
- ☺ For a variety, use pitta strips, crackers, bread sticks, or fruit and vegetable finger foods with a dip.
- ☺ Always try to add a little salad to a sandwich. To avoid soggy sandwiches, dry the salad before adding it to the sandwich or put it in a separate sandwich bag or tub.
- ☺ Make a salad using rice, potato or pasta from the night before, mixed with vegetables or beans and so on.

For more information and advice go to:

<http://www.nhs.uk/Change4Life/Pages/healthy-lunchbox-ideas.aspx>
www.schoolfoodtrust.org.uk/packedlunches



Healthy Packed Lunches Tips for Your Child

Why we have packed lunch guidance:

Eating well is important. Children need to eat well as it will give them energy and nutrients to grow and develop, be healthy and active.

A healthy, enjoyable lunch gives children the energy they need to learn and play at school.

The guidance was written in partnership with our school council and parents.



What is a healthy packed lunch?

A healthy packed lunch is a balanced meal providing a variety of nutrients to be found in our four food groups of the eatwell plate:

Starchy Foods

Base each meal on a starchy food, such as bread, potato, rice, pasta.

Starchy foods give energy, fibre, vitamins and minerals.



Bread, try different types, such as pitta bread, wraps, chapattis or bread rolls.



Try other starchy foods such as pasta, couscous or rice.

Meat and Alternatives

Add some protein, for example meat, fish, eggs, beans and pulses.

Protein foods build muscles and provide minerals.



Lean meats such as chicken, turkey or ham.



Include oily fish such as tinned salmon, sardines or mackerel at least once every three weeks.



Meat alternatives such as tofu or quorn.



Dishes containing pulses, beans or meat.



Egg products such as quiche or omelette.



Meat products such as sausage rolls, sausages, pies or pastries contain higher levels of fat. Try to only include these occasionally.



The school does not allow nuts in packed lunches because of nut allergies.

Milk and Dairy Foods

Include a dairy product or dairy alternatives, such as cheeses, yoghurts or fromage frais. These foods provide calcium necessary for stronger bones and teeth, as well as providing proteins and vitamins.

Fruit and Vegetables

Don't forget to include one portion of fruit **and** one portion of vegetables everyday. You can use frozen, tinned or dried. Fruit and vegetables are full of vitamins, minerals and fibre necessary for the body to function properly and to keep you strong and healthy.



Add tomato, cucumber or lettuce to a sandwich. a vegetable dish such as salad.



Fresh fruit, such as apple, banana or pear.



Dried fruit such as raisins or apricots.



Fruit salad fresh or tinned (try to buy tinned fruit in juice **not** syrup).



Finger foods such as cherry tomatoes, cucumber and pepper.



Use fresh fruit and vegetables, which are in season to help the environment and enjoy variety.

For a healthier snack:

Snack foods can be included but here are some ideas to make healthier choices.



Avoid sweets or chocolates. These could be replaced with dried fruit, a small bunch of grapes or a fruit salad.



Avoid cakes and pastries. These could be replaced with fruit bread or malt loaf.



Salted savoury snacks could be replaced with rice cakes or breadsticks.

Drinks

Drinks especially water, help children to concentrate and feel well.



Try and bring only water or sometimes pure fruit juice. We provide free fresh water for all children so you don't need to send a drink.