

Practical Tips for Healthy Lunchboxes

- ⇒ Try to vary the lunch so that your child gets used to different tastes and gets a variety of nutrients.
- ⇒ Try involving your child in preparing the lunch. They will be more likely to enjoy food they have helped to prepare and learn important food skills.
- ⇒ For variety, use pitta strips, crackers, different breads or vegetable strips with a dip.
- ⇒ If your child refuses to eat brown bread, try a half and half loaf or make a sandwich with one slice white and one slice wholemeal.
- ⇒ Always check the amount of sugar, salt and fat on food labels.
- ⇒ Always try to add a little salad to a sandwich, but dry it beforehand so it doesn't make the sandwich soggy.
- ⇒ Make a salad using rice, pasta or potatoes from the night before with some vegetables and meat or beans.
- ⇒ If the packed lunch is made the night before, store it in the fridge overnight.
- ⇒ Use a small reusable ice pack in the lunch box to keep the lunch fresh and cool during the morning at school.

For more information and advice, go to:-

www.healthylunch.gov.uk

www.nhs.uk/change4life-beta/recipes/healthier-lunchboxes

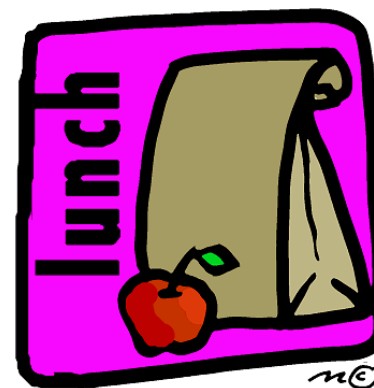
www.childrensfoodtrust.org.uk



Healthy Packed Lunches

Eating well is important. Children need to eat well as it gives them the 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.



Please support the school's food policy and make your child a healthy packed lunch by following these guidelines.

What is a healthy packed lunch?

A healthy packed lunch is a balanced meal, providing a variety of nutrients from the four main food groups:- starchy food, protein, fruit and vegetables, and dairy.

You should include:

a sandwich,
wrap or
pitta bread,
or a rice or pasta
salad or other
starchy food.



Good sandwich fillings include:

Chicken or other meat



cheese



egg ,



tuna,



hummus



DO NOT USE jam
or chocolate spread
as they contain a lot of sugar.



Include fruit and
vegetables:



A small yoghurt or fromage frais,



Maybe a healthier snack such as
rice cakes,



breadsticks,



malt loaf



or some dried fruit.



We only allow water at lunchtime and it is available on the table, so you don't need to send a drink (for a school trip, please send a bottle of still water).



DO NOT SEND IN crisps, chocolates



cakes



or biscuits,



as they are high in fat and salt or sugar.

(Your child may have one small slice of cake or a plain biscuit on a Friday to match our school dinner provision.)

No nuts please because of allergies.

