

What is a healthy packed lunch?

A healthy packed lunch is a balanced meal providing a variety of nutrients, to be found in five groups:

- ✚ Potatoes, bread, rice, pasta and other starchy foods
- ✚ Fruit and vegetables
- ✚ Beans, pulses, fish, eggs, meat and other proteins
- ✚ Dairy and alternatives
- ✚ Oils and spreads

Potatoes, bread, rice, pasta and other starchy foods

Base each meal on a starchy food, such as bread, potato, rice and pasta. Starchy foods give energy, fibre, vitamins and minerals.

- ✚ Bread, try different types, such as pitta bread, wraps, chapattis or bread rolls.
- ✚ Other starchy foods, such as pasta, cous cous or rice.

✓ Whole grain varieties are best for fibre, which is vital for a healthy digestive system.



Fruit and vegetables

Don't forget to include fruit and vegetables. You can use fresh, 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, lettuce or cucumber to a sandwich.
 - ✚ A vegetable dish, such as salad or roast vegetables.
 - ✚ Fresh fruit, such as apple, banana or pear.
 - ✚ Fried fruit, such as raisins, apricots or figs.
 - ✚ Fruit salad (fresh or tinned in juice) or vegetable salad.
 - ✚ Finger foods, such as cherry tomatoes, cucumber sticks or celery. Good with a dip, such as houmous or guacamole.
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- ✓ Use fresh fruit and vegetables, which are in season to help the environment and enjoy variety!
 - ✓ Aim to include at least one portion of fruit and one portion of vegetables or salad.



Beans, pulses, fish, eggs, meat and other proteins

Add some protein, for example meat, fish, eggs, beans or pulses. Protein foods build muscle and provide minerals.

- ✚ Lean meats, such as chicken, turkey or ham.
- ✚ Include oily fish, such as pilchards, sardines or mackerel at least once every three weeks.
- ✚ Cheese such as cottage cheese, edam or soft cheese.
- ✚ Egg, such as quiche or omelette.
- ✚ Meat alternatives, such as tofu.
- ✚ Dishes containing pulses, beans or meat, for example, dahl or bean salad.

! Meat products such as sausage rolls, sausages and chipolatas, pies and pastries, crisps, fried foods should only be included occasionally

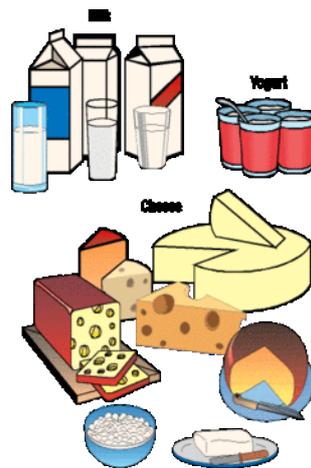
X The school does not allow nuts in packed lunches



Dairy and alternatives

Include a dairy product or dairy alternative, such as fromage frais. These foods provide calcium necessary for strong bones and teeth, as well as providing protein and vitamins.

✓ Lower fat and lower sugar varieties are healthier.



Oils and spreads

Use butter, margarine and oil based salad dressings sparingly because these are high in fat.

✚ Try to use lower fat alternatives where possible.



Drinks

Drinks, especially water, help children to concentrate and feel well. Water is freely available in school.

✓ Only water, lower fat milk or pure fruit juice (150ml) should be included in the lunchbox.



Snacks and confectionary

Snack foods may be included occasionally but aim to make healthier choices. Snack foods tend to be high in fat, sugar and salt. High sugar foods are high in calories and bad for teeth. High salt foods may increase blood pressure, which can lead to heart disease and some cancers.

For a healthier snack:

- ✚ Replace sweets and chocolate with fruit/fruit salad.
- ✚ Replace cakes and pastries with fruit bread or malt loaf.
- ✚ Replace salted savoury snacks with rice cakes or breadsticks.
- ✚ Replace crisps with plain popcorn or sprinkle with cinnamon

! We only allow cakes and pastries on the last day of term/half term

X Packed lunches should not contain chocolate, biscuits, sweets, salted savoury snacks, cereal bars, fizzy drinks or juice drinks.

X Please do not include jam or chocolate spread filling for sandwiches