

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 body needs to function and grow.

Involve your child in preparing their lunchbox. They are more likely to enjoy food they have made themselves.

Wash your hands before handling food. Wash fruit and vegetable before use and put them in clean containers.

To keep food fresh make sure it is stored properly; lunches packed the night before need to be stored in the fridge overnight. To keep the lunch fresh during the day, use a cool bag or put in a reusable ice pack.

Keep different breads in the freezer so you can just take out and defrost what you need for one day. Using different breads will make the lunchbox more interesting and enjoyable.

If your child refuses to eat brown bread, try lighter varieties or make sandwiches using a slice of white and a slice of wholemeal bread.

For variety use pitta strips, crackers, bread sticks, or fruit and vegetable finger foods with a dip.

Try to add a little salad to a sandwich or slice salad separately in a pot.

Make a salad with rice or salad (leftover from the night before is a great idea)

For more information and advice go to:

www.eatwell.gov.uk

www.childrensfoodtrust.org/packedlunches

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

Brindishe
Green

Brindishe Green School Healthy Packed Lunches

Every child has the right to nutritious food and an education on health and well-being!

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.



Use the information in this leaflet to help make you child a healthier packed lunch

What is a Healthy Packed Lunch?

A healthy packed lunch is a balanced meal providing a variety of nutrients to be found in four food groups.

Starchy foods



Starchy foods give energy, fibre, vitamins and minerals.

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

Wholegrain varieties are best for fibre which is vital for a healthy digestive system.

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

Meat and alternatives

Add some protein e.g. meat, fish, eggs, beans or pulses.



Protein builds muscle and provides minerals.

Provide lean meats such as chicken, turkey or ham. Oily fish is also good - if not a little smelly!!! Try different cheeses and include egg dishes such as quiche or boiled eggs.

Experiment with meal alternatives such as tofu, pulses or beans.

Meat products such as sausage rolls, sausages, fried foods, pies and pastries, should not be included more than once every two weeks.

Use butter, margarine or salad dressing sparingly because these spreads can be high in fat or use fat alternatives. The school does not allow nuts or foods containing nuts.

Milk and Dairy



Include a dairy product or dairy alternative such as yoghurt. These foods provide protein and vitamins especially calcium which is necessary for strong bones and teeth. Low fat varieties are healthier.

Fruit and vegetables

Aim to include at least one portion.



Fruit and vegetables are full of vitamins, minerals and fibre necessary for the body to function and keep strong and healthy. Finger foods such as cherry tomatoes or carrot sticks are good with a dip such as hummus or guacamole.

Drinks

Only water is permitted in packed lunches - or freely served.

Snacks and confectionary.

Aim to make healthier choices such as dried fruit, grapes, fruit bread, rice cakes or bread sticks. No sweets are allowed. A **small** chocolate bar or a **small** bag of crisps is permitted. Try and avoid both on the same day. Remember snack foods are quite often high in salt and sugar!!!