



**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 Food

Base each meal on a starchy food, potato, rice, pasta, yam. 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, couscous or rice.
- ✓ Whole grain varieties are best for fibre, which is vital for a healthy digestive system.

### Meat and Alternatives

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

Protein foods build muscles 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 or tempeh.
- ☺ Dishes containing pulses, beans or meat, for example Dahl, stew or bean salad.
- ! Meat products such as sausage rolls, sausages and Chipolatas, pies and pastries, fried food should not be included more than once a fortnight.
- ! Use butter, margarine, mayonnaise or salad dressings sparingly, because these can be high in fat, or use lower fat alternatives.
- ✗ No nuts in packed lunches due to allergies of other children



## Milk and Dairy Foods



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

- ✓ Lower fat varieties are healthier.

## 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 beetroot to a sandwich.
- 😊 A vegetable dish, such as salad or roast vegetables.
- 😊 Fresh fruit, such as apple, banana or pear.
- 😊 Dried 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.
- ✓ 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 vegetable or salad.
- ✓ A piece of fruit or salad can be bought from school.



## Drinks

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

- ✓ Only water, milk or pure fruit juice should be included in the lunchbox.



## Snacks and Confectionery

Snack foods may be included occasionally but aim to make healthier choices,

Snack foods tend to be high in fat can cause excessive weight and may lead to heart disease. High sugar foods are high in calories and bad for teeth.

## For a healthier snack:

- 😊 Replace sweets and chocolate with dried fruit, a small bunch of grapes or fruit salad.
- 😊 Replace cakes and pastries with fruit bread or malt loaf.
- 😊 Replace salted savoury snacks with rice cakes or breadsticks.
- ! We only allow cakes and pastries on a Friday.
- ✗ Packed lunches should not contain chocolate, sweets, fizzy drinks or juice drinks.

At the parents workshop held in Spring term 2015 it was decided that one treat a day could be included in the packed lunch box. This treat would constitute as one of the following, bag of crisps, cake or biscuit.