

## Practical tips for a Healthy Lunchbox

- Try to vary the contents of the lunchbox daily. That way you can ensure your child is getting a variety of nutrients their bodies need to function and grow.
- Wash your hands before handling food. Wash fruit and vegetables before use and put in a clean container.
- Involve your child in preparing their lunchbox. They are more likely to enjoy food they have made themselves.
- To keep food fresh, make sure it is stored properly: lunches packed the night before need to be stored in the fridge. If using rice, make sure it is cooled quickly and stored in the fridge overnight. To keep your lunch fresh during the day, use a cool bag and put in a frozen drink or reusable ice pack.
- Keep different breads in the freezer to allow defrosting what you need for one day's lunch, using different breads will make a lunchbox more interesting and enjoyable.
- If your child refuses to eat brown bread, try a lighter variety or make sandwiches using a slice of white and a slice of wholemeal.

- For a variety, use pitta strips, crackers, bread sticks or fruit and vegetable fingers with a dip.
- Always try to add a little salad to a sandwich or put it in a separate tub.
- Make a lower-fat salad dressing by mixing with some low-fat yoghurt or semi-skimmed milk.
- You can use leftovers, e.g rice and curry, vegetable pizza or pasta and sauce.
- Make a salad using rice, potatoes or pasta from the night before and mix with

vegetables, beans etc



For

more

information and advice go to:

[Wwww.eatwell.gov.uk](http://www.eatwell.gov.uk)

[Wwww.childrensfoodtrust.org/packedlunches](http://www.childrensfoodtrust.org/packedlunches)

[Wwww.nhs.uk/change4life/recipes/healthier-lunchboxes](http://www.nhs.uk/change4life/recipes/healthier-lunchboxes)



Rosedale  
Primary School

## HEALTHIER PACKED LUNCHES

## What you need to know

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

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

This leaflet provides information on how to pack a healthier lunch.

This leaflet follows guidelines set out by the government for packed lunches in school.

## 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

Base each meal on starchy food such as potatoes, bread, rice, pasta and cereals.

These are our main sources of carbohydrate and play an important role in a healthy diet and give energy, fibre, vitamins and minerals.

Wholegrain varieties provide more fibre, which is vital for a healthy digestive system.

### Meat and Alternatives

Add some protein such as lean meat, seafood, eggs, beans and pulses. Protein foods build muscles and provide minerals.

Processed soy products, nuts and seeds are considered part of the protein foods group.

Processed meats such as ham, sausage, frankfurters and luncheon or deli meats have added sodium. Check the Nutrition Facts label to help limit sodium intake.



## Milk and Dairy Foods

Dairy products or milk products are a type of food produced from or containing milk.

Milk and dairy products, such as cheese, butter and yoghurt, are great sources of protein and calcium necessary for strong bones and teeth.

Unsweetened, calcium-fortified dairy alternatives like soya milks, soya yoghurts and soya cheeses also count as part of this food group and can make good alternatives to dairy products.

To make healthier choices, go for lower-fat and lower-sugar options

## Fruit and Vegetables

Fruit and vegetables are a great source of vitamins, minerals and dietary fibre.

Eating fruit and vegetables every day helps children to grow and develop and boosts their vitality.

All of us need to eat a variety of different coloured fruit and vegetables every day—both raw and cooked.

## Drinks

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

Water is a healthy and cheap choice for quenching your thirst at any time. It has no calories and contains no sugars.

## Snacks

Snack foods may be included but aim for a healthier choice. Snack foods tend to be high in fat, sugar and salt.

High fat content can cause weight gain. High sugary foods are high in calories and are bad for teeth. High salt content may increase blood pressure.

### Healthier snacks include:

Dried fruit, a small bunch of grapes or fruit salad, fruit bread or malt loaf, rice cakes or breadsticks

**Packed lunches should NOT contain any chocolate bars or sweets or any items containing nuts.**