



MAINS	STARCHY FOOD	
	SAVOURY BAKED ITEMS	SNACKS
Wraps	Homemade pizza	Crackers
Sandwiches	Wholemeal savoury muffin or scones	Rice cakes
Rolls		Dhokla
Pasta dishes		
Rice, quinoa or couscous		
Chappati/ Paratha		

MEAT OR MEAT ALTERNATIVE	
Meat curry	Falafel balls
Boiled eggs	
Can be served with	
Wholegrain sandwich, roll, pitta or wrap bread with salad	
Rice and corn cakes	
Idli	
Side salad	

FRUIT	
Apple	Banana
Orange quarters	Grapes
Pineapple chunks	Strawberries
Cherries	Fruit salad
Fruit kebabs	Pomegranate

VEGETABLES	
Vegetables	
Carrot Sticks	
Green Beans	
Tomatoes (cherry or sliced)	
Capsicum sticks	
Celery sticks	
Salad	
Coleslaw	
Tomato, lettuce and cheese salad	
Popcorn	
Grilled or roasted vegetables	
Vegetable Curry	

MILK, YOGURT AND CHEESE	
Milk	
Yogurt	
Cheese cubes, sticks or slices	
Can serve with either	
Fruit	
Vegetable sticks	
Rice and corn cakes	

WATER	
Take a water bottle for refilling throughout the day.	
Tip: Freeze Overnight to keep foods cool in the lunchbox.	

Sweet and savoury snack foods (e.g. muesli/fruit/nut bars, biscuits, crisps, cakes, muffins,) should be limited in lunchboxes.

Sugar sweetened drinks, chocolate and sweets should not be provided in lunchboxes. They can lead to excess energy intake and tooth decay.

We are a nut free school so please avoid this in lunch boxes.

Healthy Packed Lunch



It is very important for children to eat five portions of fruit and vegetables per day. Nutritious food helps children grow healthily, concentrate and feel happy. Children who eat a healthy diet are more likely to learn healthy habits for life and more likely to grow into healthy adults.

Please use this information to help make your child a healthy 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

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



Meat or Meat alternative

Add some protein for example meat, fish, eggs, beans or pulses. Protein helps build muscles and

provide minerals.

Milk and Dairy Foods

Include a dairy product or a dairy alternative, such as fromage frais or a healthy yogurt. 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.



Sugar

Sugar is a high calorie food that leads to obesity, diabetes, heart disease and tooth decay if eaten too often.

Did you know you should not consume more than 7 tea spoons of sugar per day.

A Carton of Ribena - 11 Teaspoons of sugar
A Can of Coke - 10 Teaspoons of sugar
A bottle of Lucozade - 17 ½ Teaspoons of sugar

Water

Your child should drink six to eight glasses of water a day.

Water helps children to:

- Stay Refreshed
- Digest their food properly
- Keep alert



Snacks and Confectionary

Snack foods may be included occasionally but aim to make them healthy choices. Snack foods tend to be high in fat, sugar and salt.

Foods high in fat can cause excessive weight gain and may lead to heart disease or diabetes. Food high in sugar are high in calories and bad for your teeth. Foods high in salt may increase blood pressure, which can lead to heart disease and some cancers.

Healthier snack replacements

- ✓ Replace sweets and chocolate with dried fruit or fruit salad.
- ✓ Replace cakes and pastries with fruit bread or malt loaf.
- ✓ Replace salted savoury snacks with rice cakes or breadsticks.
- ✗ Packed lunches should not contain chocolate, biscuits, sweets, salted savoury snacks, cereal bars, fizzy drinks or juice drinks.
- ✗ Please do not include jam or chocolate spread filling for sandwiches.

To find out more about healthy lunchboxes, please visit the NHS Livewell website

<http://www.nhs.uk/Livewell/childhealth6-15/Pages/Lighterlunchboxes.aspx>