

food!nschools

Many families in Sunderland qualify for free school meals.  
To find out if you are eligible please ring 0191 553 1417/1413 or email:  
Education.information@sunderland.gov.uk  
Free phone 0800 169 6722.  
www.sunderland.gov.uk/schoolmeals  
Email: schoolmeals@sunderland.gov.uk

**To find out more information on school meals please contact:**

Healthy Schools Co-ordinator  
Tel: 0191 529 7203  
Fax: 0191 529 7392



**To find out more information about healthy schools & healthy packed lunches please contact:**

City Hospitals Sunderland NHS Foundation Trust



# BOX CLEVER

with your packed lunch

Information on how to encourage your child to try new foods and maintain a healthy, balanced diet.



# BOX CLEVER

with your packed lunch

## Lunch Box Ideas

Encourage your child to try new foods by having him/her help with lunch box planning and/or shopping. If that still doesn't tempt them, then try sticker rewards.

### Fruit & Vegetables

- Fresh fruit e.g. apples, pears, oranges, plums, grapes, pineapple or melon pieces
- Dried fruit e.g. apricots, raisins
- Carrot or celery sticks, baby tomatoes, cucumber wedges
- Vegetable muffins (grated carrots and baby marrows can be added to the mix)
- Vegetable soups (keep in a hot flask)
- Tinned fruit in natural juice

### Bread, Cereals and Potatoes

- Bread such as wholemeal, pitta, granary, tortilla wraps, bagels, walnut or soft grain bread
- Wholewheat muffins or muffins made with fresh fruit like banana, dried fruit or cheese
- Rice, noodle, cous-cous or pasta based salads
- Potato salad (use light salad dressing or mayonnaise with fat-free yoghurt)



### Protein Foods

- Lean cold cuts (ham, beef, chicken, tongue)
- Grilled chicken pieces (wings or drumsticks)
- Cooked, chopped or minced meat or chicken/turkey
- Homemade hamburger patties (using lean meat) or lentil patties
- Meat or fish spreads/paste
- Beans (mixed bean salad) & eggs (hard boiled)

### Avoid foods such as:

- Confectionery e.g. chocolate bars, chocolate coated biscuits and sweets
- Savoury snacks e.g. crisps
- High sugar drinks e.g. carbonated fizzy drinks

### Milk and Dairy Foods

- Cottage cheese (try flavouring with pineapple, dried fruit)
- Cheeses (all types, used grated or cut into cubes)
- Yoghurt (plain mixed with honey and nuts or fresh fruit or ready-made flavoured low fat varieties)

### Sweet Treats

- Fruit yoghurt
- Pot of rice pudding
- Malt loaf
- Wholewheat biscuits
- Fruit scone
- Piece of fruit cake
- Small cereal bar
- Box of dried fruit
- Small pack of nuts/seeds

### Drinks

- Milk, plain and flavoured
- Homemade milkshakes (puree fruit with low fat milk)
- Pure fruit juice, still and sparkling
- Hot chocolate or cocoa made with semi skimmed milk
- Water

Some parents want the choice of providing a packed lunch for their children to take to school. One of our goals is to improve the health of our pupils and we are trying to encourage healthy safe lunch boxes by distributing this leaflet, which contains guidelines and ideas for foods to include.

- Monday** Ham salad pitta pocket, fruit yoghurt, satsuma, breadsticks, carton of pure apple juice
- Tuesday** Tuna pasta salad with sweetcorn, cherry tomatoes, mini carton of custard, fruit smoothie drink
- Wednesday** Cous cous with leftover roasted veg and ham, thick slice of malt loaf, handful of grapes, water
- Thursday** Tortilla with houmous, salad, pepper and tomato, carrot sticks, fromage frais, fresh orange juice
- Friday** Smoked mackerel and apple salad with a granary bun, yoghurt drink, piece of fruit cake, water

A portion would be a 'handful'



## Have a happy and healthy packed lunch!

Make sure all work surfaces, chopping boards and utensils are cleaned by washing in hot soapy water. It is good practice to use a food safe disinfectant to remove any bacteria.

Always wash your hands before handling and eating food.

If food cannot be kept cool then high risk foods should not be used in packed lunches. High risk foods such as cooked meats, fish or dairy should be replaced with low risk foods such as marmite, peanut butter or similar.

Wrap or cover all food to protect it from contamination.

Clean the lunchbox/bag every day. Throw away any leftover food.

A packed lunch box should balance good nutritional tasting foods with safe hygienic preparation.

### New food-based standards for school lunches

To be really sure your child is receiving a balanced diet where meals are prepared to set nutritional standards in a safe environment - why not encourage them to stay for a school meal.