



Healthy Packed Lunch Ideas

Why have packed lunch advice?

As a Healthy School we encourage good eating habits for our children and provide guidance to support children making healthy choices. Our school lunch menus are created to ensure a healthy balance across the week. This information sheet has been created to give parents and children ideas of what to choose to ensure a healthy packed lunch for their child.

A healthy lunch gives children the energy they need to learn and play for the rest of the day.

Practical tips for a healthy packed lunch

- Include your child in choosing and preparing their packed lunch
- Keep food fresh by adding a small frozen ice block
- One child's portion of fruit or vegetables is about the same amount they could hold in their hand
- Use wholegrain bread Alternating types of bread can make their lunchbox more interesting - eg pitta, wraps, rolls, bagels,
- Try to vary sandwich fillings and always try to include some salad. Try lean meats, houmous, egg, fish such as tuna or salmon, cheese, cream cheese.
- Perhaps an alternative to sandwiches - rice or pasta salad, soup in a flask

Please note:

- Waste or uneaten items are taken home in your child's packed lunch box so that you have a clear idea of what they have eaten that day
- Some of our pupils may require special diets so please remind your child not to swap food at lunchtime

For more information and ideas explore the following:

www.nutrition.org.uk/lunches

www.childrensfoodtrust.org.uk/parents/schoolfood/packedlunches

www.letsgetcookingathome.org.uk