

## Website links:

### 'Change 4 Life' Healthier Lunchboxes

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

The website has good images of lunch box ideas. It refers to the Eatwell Guide and encourages families to choose a main dish, add some fruit or salad, add a little something else, as well as a drink. There are useful tips for example 'ever green' always add salad to sandwiches, as it counts towards your child's 5 A DAY. 'Swap the fruit bars', 'swap the sweets', 'watch the teeth!'

### British Nutrition Foundation – Food a Fact of Life

<https://www.foodafactoflife.org.uk/>

Great website with resources on healthy eating in general, the Eatwell Guide and healthy lunchboxes. Includes 'The Amazing Lunchbox' story and resources. See specific information about healthy lunchboxes here:

<https://www.foodafactoflife.org.uk/whole-school/whole-school-approach/healthy-lunchboxes/>



# A GUIDE TO A GREAT PACKED LUNCH





# FOR A HEALTHY PACKED LUNCH, CHOOSE SOMETHING FROM EACH GROUP



## FRUIT

- Apple
- Banana
- Satsuma
- Orange quarters
- Watermelon
- Honeydew melon
- Pineapple chunks
- Grapes
- Plums
- Nectarines
- Peaches
- Apricots
- Strawberries
- Pear

## VEGETABLES

- Corn cobs
- Carrot sticks
- Green beans
- Cucumber sticks
- Celery
- Tomatoes
- Mushroom pieces

Can serve with either:

- Hummus
- Tomato salsa
- Natural yoghurt



## MILK, YOGHURT AND CHEESE

- Milk
- Yoghurt
- Custard
- Cheese cubes



## MEAT OR MEAT ALTERNATIVE

- Tuna
- Beef
- Chicken
- Boiled eggs
- Tofu cubes
- Hommus dip

Can serve with:

- Wholegrain sandwich, roll, pita or wrap bread with salad
- Rice and corn cakes
- Wholegrain wheat crackers
- Side salad



## GRAIN AND CEREAL FOOD

- Wraps
- Sandwiches
- Rolls
- Toasted sandwiches
- Pasta dishes
- Rice
- quinoa
- cous cous

SNACKS

High fibre, low snacks such as:

- Crackers
- Crispbreads
- Rice cakes



## WATER

- Take a water bottle (for refilling throughout the day)

**Sweet and savoury snack foods (e.g. biscuits, crisps, cakes, muffins) should be limited in lunchboxes. They can lead to excess energy intake if consumed in large amounts.**

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



## NO FORM OF NUTS ARE ALLOWED IN SCHOOL

Please avoid giving your child these and the likes of Nutella or Peanut Butter sandwiches along with breakfast bars and anything that may contain traces of nuts

