

A Great packed lunch contains the following things....

A starchy food to provide energy

- bread (preferably wholegrain), potatoes, pasta, rice, couscous, cereals



A protein food for growth

- meat, fish (particularly oily), eggs, cheese, beans and peas (e.g. houmous) and nuts



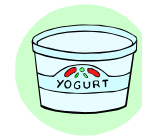
Fruit and vegetables/salad for essential nutrients

- fresh fruit (whole fruits or cut up into chunks), dried or tinned in juice, salad in sandwiches or in a separate pot, sticks of carrot, cucumber, celery and pepper, cherry tomatoes



A dairy food to provide calcium for growing bones

- milk or anything made from milk like cheese, yogurt and fromage frais. Lower fat versions are even better.



A drink for hydration (and additional nutrients)

- preferably water, semi-skimmed milk or fruit juice. Smoothies made from fruit, fruit juice and milk/yogurt are also good.



What about treats?

The standards for school food say no confectionary, no savoury snacks like crisps, and no sugary or sweetened soft drinks – so it's best to steer clear of these.

In terms of cakes and biscuits, many of these are as high in fat, sugar and calories as sweets and crisps. So the best advice is:

- Only include these once or twice a week
- Go for lower fat varieties
- Control portion sizes so children only get small amounts of calorie rich items

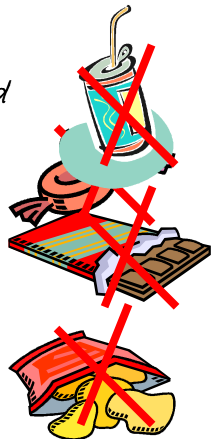
What can you do?

Please support the new standards for school food by providing 'a great packed lunch'

use the guidelines to ensure your child's lunch is well balanced.

Try not to include the following foods:

- Sugary or sweetened soft drinks
- Sweets
- Chocolate or items covered in chocolate
- Crisps
- Sweet cereal bars



Government recommendations for a great lunch

In May 2006 the Government announced new food standards for schools and these standards are now law.

Briefly these standards state:

- Healthier foods like fruit and vegetables will have to be provided more often
- Less unhealthy food like confectionary, crisps and sugary or sweetened soft drinks can no longer be served or sold to children in schools
- From September 2008 all school lunches had to meet precise nutritional standards, ensuring that all children benefit from healthier, more balanced meals - Newcastle City Cuisine meets all these standards

We at Brunton First promote healthy eating and would like to request the support of parents whose children bring a packed lunch.

This leaflet contains information on the Government packed lunch recommendations for parents which as a school, we wish to endorse.

Website links giving ideas and guidance on packed lunches

- **Sustain**
[Whole School Food Policy](#)
- **Food Standards Agency**
[Example menus and Top Tips](#)
[A 'Smart' Lunch Box Template](#)
[Intervention study, 2006](#)
- **British Nutrition Foundation**
[Healthy Lunchbox Game](#)
- **Net Mums**
[Lunchbox ideas and Top Tips](#)
- **Comic Company**
[Healthy packed lunch materials and tips](#)
- **Food and Drink Federation**
[Advice for parents](#)



Healthy Eating at Brunton

