

Healthy Packed Lunches



As you know the offer of 5 hours per day, 5 days a week means that parents must provide a packed lunch due to lack of funding.

Sometimes thinking of what to include in a Healthy Packed Lunch each day can be difficult so we are given you some ideas below:

The key to a healthy lunchbox is to include a balance of appropriate foods from the four main food groups:

- 1 Bread and cereals
- 2 Fruit and vegetables
- 3 Meat and alternatives
- 4 Milk and dairy products

Foods in the fifth food group, containing fat and sugar, should be eaten in moderation. A packed lunch should provide a range of important nutrients for children. Including a wide variety of foods in a lunchbox will provide this range of nutrients and prevent children becoming bored with the same foods. Most importantly, children should look forward to and enjoy their packed lunch at school.

Brown or wholemeal breads, rice and pasta are higher in fibre and more filling.

Homemade pasta and rice salads can be a refreshing change, include fruit and chopped raw vegetable or salads or fresh fruit salad in juice.

Meat, tuna and cheese provide children with protein, try adding salad and/or vegetables, children love finger foods like carrot, cherry tomatoes, cucumber or pepper sticks.

Always try to include at least one piece of fruit in the packed lunchbox, a small box of raisins, a few strawberries or small bunch of grapes are a good idea.

Please limit sweet types of snacks, chocolate, biscuits and crisps to once or twice a week, alternatives include crackers, home baking (fruit loaf, scones, muffins), dried fruit (raisins and apricots), yogurts, fromage frais or mousse and healthy/lower sugar cereal bars.



Choose fruit squash with 'no added sugar' and dilute well, or water or semi-skimmed milk or pure fruit juices are popular too. Please try to avoid fizzy or sugary drinks in a packed lunchbox.

Suggestions for Packed Lunches

- Tuna mayonnaise sandwich in brown bread or wrap or pitta
- Cheese savoury tortilla wrap
- Ham and tomato baguette



Baltimore Sun



- Pasta or rice salads with lots of salad-vegetables
- Ham, cheese and pineapple on sticks
- Cheese and crackers
- Cheese triangles

- Carrot, cucumber or pepper sticks
- Fresh fruit salad—mixed in a small pot
- Banana, apple, pack of dried fruit or portion of grapes



- Fromage frais
- Yogurt
- Jelly
- Carton of fresh fruit juice
- Small bottle of 'no added sugar' squash

