

## Practical Tips for a Healthy Lunchbox

- ☺ Try to vary the contents of the lunchbox daily. That way you can ensure your child is getting the variety of nutrients their bodies need to function and grow.
- ☺ Involve your child in preparing their lunchbox. They are more likely to enjoy food they have made themselves.
- ☺ For variety, use pitta strips, crackers, bread sticks, or fruit and vegetable finger foods with a dip.
- ☺ Always try to add a little salad to a sandwich. To avoid soggy sandwiches, dry the salad before adding it to the sandwich or put it in a separate sandwich bag or tub.

For more information and advice go to:

[www.eatwell.gov.uk/](http://www.eatwell.gov.uk/)

[www.schoolfoodtrust.org.uk/packedlunches/](http://www.schoolfoodtrust.org.uk/packedlunches/)

## Contact Information

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# Our Lady of the Visitation Catholic Primary School

## What is a healthy packed lunch?

# Healthier Packed Lunches for Children

## What you need to know

Eating well is important. Children need to eat well as it will give them energy and nutrients to grow and develop, be healthy and active.

A healthy, enjoyable lunch gives children the energy they need to learn and play at school.



This leaflet provides information on how to pack a healthier lunch. These guidelines are based on the school's food policy.

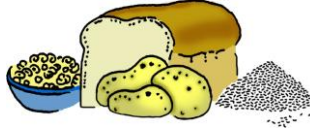
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A healthy packed lunch is a balanced meal providing a variety of nutrients, to be found in four food groups:

## Starchy Foods

Base each meal on a starchy food, such as bread, potato, rice, pasta, yam. Starchy foods give energy, fibre, vitamins and minerals.

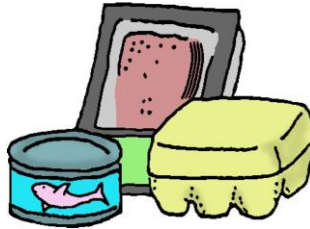
- ☺ Bread, try different types, such as sliced bread, pitta bread, bread rolls, bagels or tortilla wraps.
- ☺ Other starchy foods, such as pasta, potato, rice or noodles.
- ✓ Whole grain varieties are best for fibre, which is vital for a healthy digestive system.



## Meat and Alternatives

Add some protein, for example meat, fish, eggs, beans or pulses. Protein foods build muscles and provide minerals.

- ☺ Lean meats, such as chicken, turkey or ham.
- ☺ Cheese, such as cottage cheese, edam, mozzarella, cheddar or soft cheese.
- ☺ Egg, such as boiled, quiche or omelette.
- ☺ Meat alternatives, such as quorn. Dishes containing pulses, beans or meat, for example bean salad.
- ⚠ Use butter, margarine, mayonnaise or salad dressings sparingly, because these can be high in fat, or use lower fat alternatives.



## Drinks

Drinks, especially water, help children to concentrate and feel well. Water is freely available in school. **The school has a water-only policy** so please do not put any other drinks in the packed lunch.



## Snacks and Confectionery

Snack foods may be included occasionally but aim to make healthier choices. Snack foods tend to be high in fat, sugar and salt. Foods high in fat can cause excessive weight and may lead to heart disease. High sugar foods are high in calories and bad for teeth. High salt foods may increase blood pressure, which can lead to heart disease and some cancers.

- ✗ The school has a no peanuts, nuts or seeds policy as some children are allergic to these.
- ✗ Our policy restricts sugary foods and drinks, pastry and fried foods

## Milk and Dairy Foods

Include a dairy product or dairy alternative, such as cheese, yoghurt, fromage frais or tzatziki. These foods provide calcium necessary for strong bones and teeth, as well as providing protein and vitamins.

- ✓ Lower fat varieties are healthier.



## Fruit and Vegetables

Don't forget to include fruit and vegetables. You can use fresh, frozen, tinned or dried. Fruit and vegetables are full of vitamins, minerals and fibre necessary for the body to function properly and to keep you strong and healthy.

- ☺ Add tomato, lettuce, cucumber or grated carrot to a sandwich.
- ☺ A vegetable dish, such as salad or roast vegetables.
- ☺ Fresh fruit, such as apple, banana, pear or satsumas.
- ☺ Dried fruit, such as raisins, apricots or figs.
- ☺ Fruit salad (fresh or tinned in juice) or vegetable salad.
- ☺ Finger foods, such as carrot, cucumber sticks or slices of pepper. Good with a dip, such as tzatziki.
- ✓ Use fresh fruit and vegetables, which are in season to help the environment and enjoy variety!

## For a healthier snack:

Replace sweets and chocolate with dried fruit.  
Replace cakes and pastries with fruit bread, crumpets and teacake  
Replace salted savoury snacks with rice cakes, breadsticks or cheese and crackers.

