

Practical tips for a healthy packed lunch:

- Involve your child in choosing and preparing packed lunch items.
- Keep food fresh and appetising by adding a small ice pack.
- One child's portion size of fruit or vegetables is roughly what they can hold in one hand.
- Vary the types of bread used, and the fillings, to keep sandwiches interesting.
- As a change from sandwiches try pasta pots, rice, crackers, wraps, bagels etc.
- Flasks of soup or warm pasta dishes also make a nice change, especially on cold days.
- Perfect drinks for packed lunches are water, milk and fruit juices.

Please note:

- We encourage children to bring home any leftovers and empty packets so that their lunches can be monitored by parents/carers.
- We have children with specific dietary requirements therefore we discourage children from sharing food items.

For more information visit:

www.healthylunch.org.uk/government

www.childrensfoodtrust.org.uk

www.nhs.uk/livewell/5aday

www.foodafactoflife.org.uk

www.change4life.com

Packed Lunch Guidance



At West Rainton Primary we promote growing and living healthily. As part of our continuing work towards this we know that what we put into our bodies at lunchtime needs to be the correct fuel to help us work and play for the rest of the day.

What is a healthy packed lunch?

A healthy packed lunch is one that contains the right balance of foods from our main food groups

Fruit and Vegetables

We encourage at least one item of fruit or vegetable in packed lunches to provide plenty of fibre, vitamins and minerals. This may include fresh, frozen, dried or tinned:

- A piece of fresh fruit or raw vegetable.
- Dried fruit including raisins, apricots and dates.
- Add salad items such as tomato, cucumber, grated carrot, beetroot or lettuce to a sandwich.
- Fruit smoothies.
- Finger foods such as cherry tomatoes, cucumber, peppers or celery sticks which are good with a dip
- Fruit salad / kebab.
- Vegetables added to salads eg sweetcorn, peppers.

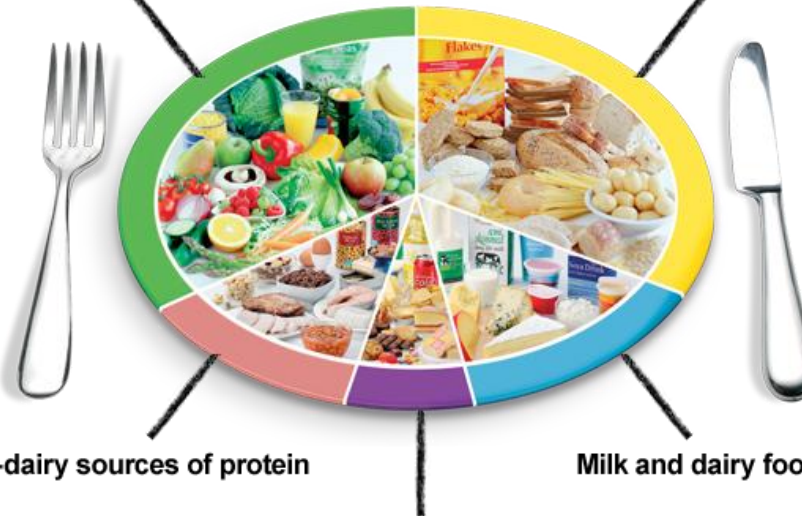
Fruit and vegetables

Potatoes, bread, rice, pasta etc

Potatoes, bread, rice and pasta

Base each packed lunch on a starchy food as these foods are great for energy:

- Try different types of bread including bagels, pitta breads, wraps, chapattis or bread rolls.
- Other starchy foods include pasta, rice, potato, noodles or couscous.
- Whole grain varieties are best for fibre.



Non-dairy sources of protein

Milk and dairy foods

Milk and dairy foods

Include item(s) from this group which are crucial for healthy bones and teeth:

- choose from milk, fruit smoothies, yoghurts, fromage frais, and cheese products.

Meat and alternatives

Add some protein which is vital for healthy growth:

- Lean meats such as chicken, turkey and ham.
- Oily fish such as sardines and mackerel.
- Fish such as tuna or salmon.
- Cheese such as Edam, cottage cheese or soft cheese.
- Eggs including quiche or omelette.
- Meat alternatives such as tofu.
- Dishes containing pulses or beans, bean salad or hummus.

Fat and/or sugar

A lot of the snack items in our packed lunches belong in this group, which is the smallest of all the food groups. Items such as crisps, cakes and chocolate biscuits should only be included as a treat and not every day.

- Alternatives could include malt loaf, fruit bread, fruit scone, plain popcorn, fig rolls, fruit crisps, fruit based cakes and bars, cereal bar or rice cakes.



Please note: packed lunches MUST NOT include: chocolate products, sweets or fizzy drinks