

Ideas for a healthy lunchbox



This leaflet will give you some useful information about the kinds of food you should include in your child's lunchbox

Healthy snacks are preferred. Chocolate covered biscuit or wafer bars e.g. Penguins, Clubs, Kit Kat or homemade cakes are allowed as we all need a treat now and again! However fun sized and mini chocolate bars are not permitted.

Freezer packs are an excellent way to keep your child's lunch cool until lunchtime. Please ensure your child's lunch is in a suitable box or lunchbag and not a carrier bag. As with all children's property, these items should be named.



Count us in...

<p>eat</p>  <p>Eat 5 or more portions of fruit and vegetables every day. Fresh, frozen, juiced, dried, canned all count.</p>	<p>fresh</p>  <p>Crunch it, chop it, slice it, make a smoothie – fresh fruit is a great choice at any meal – or in between.</p>	<p>frozen</p>  <p>Frozen is just as good for you as fresh.</p>
<p>canned</p>  <p>Canned is good too but watch out for added sugar. Check the labels.</p>	<p>dried</p>  <p>Dried fruit is a good source of fibre, but watch out for your teeth – eat with meals.</p>	<p>juice</p>  <p>100% pure fruit juice is a healthy choice – but only count it as a portion once a day.</p>

Fresh, frozen, canned, dried and juice ALL count.



Lunch is an important meal for children and research suggests that a healthy lunch impacts on their education in a positive way. This leaflet aims to give you ideas and inspiration to create healthier lunches that children will enjoy. It also outlines those foods which are not acceptable for packed lunch at Boxmoor Primary School.

Healthier lunchbox tips

We know that many of you do not want us to tell you what to feed you children. We respect that and agree with you! What we would like to do is to describe what a healthy lunch looks like and let you know about a couple of things that we would not expect to see in a packed lunch box.

The key to a healthy packed lunch is getting the right balance with a wide variety of foods. **Here are some tips to help get started:**

- Try different breads or other starchy foods for variety
- Use spread sparingly and go for reduced fat spread or reduced calorie mayonnaise
- Include brightly coloured fruit and vegetables
- Try a variety of different drinks e.g. carton of unsweetened fruit juice, bottle of water, carton of semi-skimmed milk, yoghurt or milk drink



Having a healthy lunch does not mean giving up all the foods children enjoy, Foods such as a slice of malt loaf or banana bread, a fruit scone, a small packet of crisps or a chocolate biscuit can be included from time to time for variety and appeal



A healthy packed lunch should include:

- ↳ A good portion of starch food e.g. sandwich, pasta or rice salad
- ↳ A portion of lean meat, fish or alternative e.g. chicken, ham, beef, tuna
- ↳ Plenty of fruit and vegetables e.g. apple, satsuma, carrot sticks
- ↳ A portion of semi-skimmed of other dairy food e.g. yoghurt, cheese or fromage frais
- ↳ A drink e.g. fruit juice, milk or water

Due to nut allergies in school, please do not include nut or nut products in you child's packed lunch/ As we have gained Healthy Schools accreditation, we would not expect to see any sweets or fizzy drinks.