

Practical Tips for a Healthy Lunchbox

- ☺ Wash your hands before handling food. Wash fruit and vegetables before use and put food in clean containers.
- ☺ To keep food fresh, make sure it is stored properly: lunches packed the night before need to be stored in the fridge. If using rice, make sure it is cooled quickly and stored in the fridge overnight. To keep your lunch fresh during the day, use a cool bag and put in a frozen drink or reusable ice pack.
- ☺ Keep different breads in the freezer so you can just take out and defrost what you need for one day's lunchbox. Using different breads will make the lunchbox more interesting and enjoyable.
- ☺ 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.
- ☺ Make a fruit smoothie by blending juice and fruit together, or a yoghurt or milk drink by mixing yoghurt or semi-skimmed milk with pureed fruit.

For more information and advice go to:

www.eatwell.gov.uk/

www.schoolfoodtrust.org.uk/packedlunches/

Contact Information

rblair

Robert Blair Primary School 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.



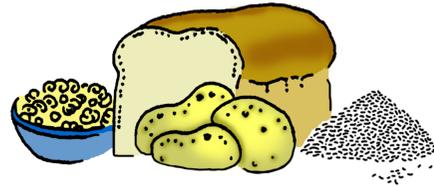
Use the information in this leaflet to help make your child a healthier packed lunch. Please support the school's food policy by following these guidelines.

What is a healthy packed lunch?

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.

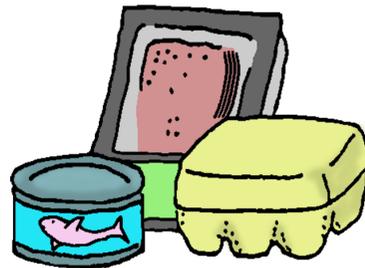


- ✓ Whole grain varieties are best for fibre, which is vital for a healthy digestive system.

Meat and Alternatives

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

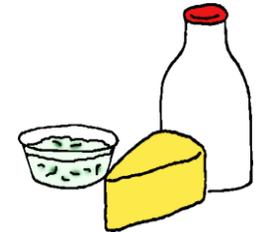
- ⚠ Meat products such as sausage rolls, sausages and chipolatas, pies and pastries, fried foods should not be included more than once a fortnight.
- ⚠ Use butter, margarine, mayonnaise or salad dressings sparingly, because these can be high in fat, or use lower fat alternatives.
- ✗ The school does not allow peanuts in packed lunches.



Milk and Dairy Foods

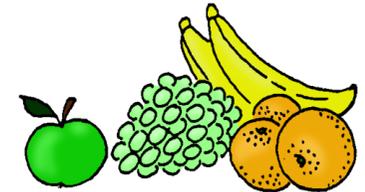
Include a dairy product or dairy alternative, such as fromage frais or tzatziki. These foods provide calcium necessary for strong bones and teeth, as well as providing protein and vitamins.

- ✓ Lower fat varieties are healthier.

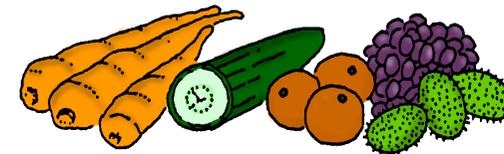


Fruit and Vegetables

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.



- ✓ Use fresh fruit and vegetables, which are in season to help the environment and enjoy variety!
- ✓ All packed lunches should contain at least one item of fruit, vegetable or salad.



Drinks

Drinks, especially water, help children to concentrate and feel well. Water is freely available in school.



- ⚠ Another drink can be included in the lunchbox, however please do not include fizzy drinks or juice drinks.
- 😊 Replace sugary or fizzy drinks with milk, pure 100% juice or sparkling water.

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.

For a healthier snack:

- ✗ Please do not include jam or chocolate spread filling for sandwiches.