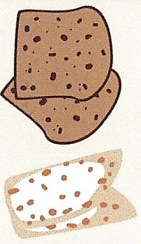


Healthy Packed Lunch Guidance for Parents/ Carers with Children at Primary School

A healthy packed lunch will give children the energy and nutrition they need to get the most from their school day – helping them to stay healthy, feel good and be ready and able to learn. Just like school meals, packed lunches should be made up of foods from the main food groups in the Eatwell Guide www.nhs.uk/live-well/eat-well/the-eatwell-guide and portions should be appropriate for a child's age and size. This will ensure every child has a healthy and nutritionally-balanced lunch.

What should I include in my healthy packed lunch?

Please try to include ONE of each of the following in your lunch each day:



STARCHY CARBOHYDRATE

- ✓ bread, wrap, pitta, bagel, rolls, baguette
 - ✓ rice or couscous
 - ✓ noodles or plain pasta – avoid flavoured instant packet products and limit canned pasta
 - ✓ potatoes
 - ✓ oatcakes, rice cakes or crackers
- Wholemeal/wholegrain options contain more fibre and keep you fuller for longer

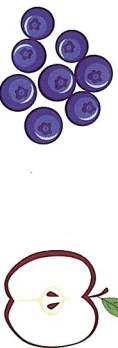
Gives you energy for the day ahead!



DAIRY FOOD (or non-dairy alternative)

- ✓ cheese – hard, soft, spread
 - ✓ yoghurt or fromage frais
 - ✓ milk
 - ✓ custard
- Choose low fat, low sugar options where possible

Good for healthy bones and teeth!



FRUIT (fresh, frozen, tinned or dried)

- ✓ apple
 - ✓ banana
 - ✓ satsuma
 - ✓ pear
 - ✓ plum
 - ✓ mango
 - ✓ melon
 - ✓ dried fruit e.g. raisins, apricots, dates. Add to meals and not as a snack
 - ✓ cherry tomatoes (chopped)
 - ✓ handful of grapes (halved)
 - ✓ fruit salad or kebab
- Wash fruit and vegetables prior to preparing.
Ensure canned fruit is in juice not syrup.

Fruit and vegetables give you vitamins, minerals and fibre to stay healthy. Part of your '5 a day'

How much? A portion is one child-sized handful.

VEGETABLES OR SALAD

- ✓ chopped vegetable sticks (e.g. carrot, cucumber, pepper)
 - ✓ salad in sandwiches
 - ✓ vegetable soup
 - ✓ Baked beans count as a vegetable but only once during a week. Ensure beans are reduced in salt and sugar
- If you are using canned products, choose those without added sugar and salt.



PROTEIN

- ✓ meat e.g. sliced lean ham, chicken or beef in a sandwich
 - ✓ fish – preferably try to include oily fish such as salmon, tinned mackerel, sardines and pilchard; to have one portion a day
 - ✓ eggs
 - ✓ lentils, beans, chickpeas
 - ✓ alternative meat free options
- Try to limit processed foods e.g. sausages, meatballs, fishfingers, fishcakes, sausage rolls

Helps your body to grow and develop

Me-sized meals

Young children don't need much food as teenagers/adults. When they eat more than they need, the excess is stored as fat in their bodies.

DRINKS – plain tap water is the best option, especially for teeth. Please send your child to school with their own named, clean water bottle each day.

Drinking enough each day helps keep your body working well and your skin looking healthy!

