



## Healthy Packed Lunch Guidance



Park Spring Primary School have been awarded with the Healthy Schools Award for a number of consecutive years. We believe that pupils should be encouraged to make informed choices in relation to what they eat and this includes in their packed lunches.

A well-balanced diet is essential to ensuring our children are healthy, happy and engaging.

We provide this guidance for families of children who chose to have packed lunches so they can comply with the School Food Standards, which have helped us achieve the Healthy Schools Award status.

This guidance follows the recommended guidelines set out by the British Nutrition Foundation.

Many thanks

Mrs C Houghton and the School Food Ambassadors

Food in School Leader

# Healthy Lunchbox Ideas



Instead of cakes, chocolates and biscuits, try currant buns (without icing), fruit bread, tea cakes, rice cakes or malt loaf.



When preparing vegetables or salad for dinner, cut up a few extra pieces of carrot, cucumber or celery stick for lunch the next day to reduce the amount of time preparing.



Making plain popcorn is easy, quick and cheap:

- Buy kernels from any supermarket
- Place a small handful in a sealed container. Put the covered bowl in the microwave
- Heat for about 2 minutes
- The popcorn will stay fresh for a few days in an airtight container



Processed cheeses (e.g. cheese strings and cheese slices) are very high in salt—cut cheddar, edam or red Leicester in to sticks to make it bite size and fun to eat!



Try buying whole white sliced bread as this is white bread which is made with one third wholemeal flour. Or you could make a sandwich from one slice of whole white and one slice wholemeal bread.

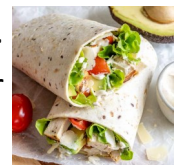
Make easy swaps—for example, if your child likes something sweet, give them raisins or a small can or pot of chopped fruit instead of chocolate bar. If they prefer savoury foods, give them plain popcorn, rice cakes or crunchy carrot sticks instead of crisps.



Provide fruit snack pots which are easy and quick to eat, e.g. chopped canned pineapple, satsuma pieces (peeled), raisins, dried apricots, grapes (halved), peeled and chopped kiwi fruit.



Keep a selection of breads in the freezer for sandwiches, then you can just take out what you need for one day and defrost. Using different breads each day can make lunch boxes more interesting. Wraps are a very popular choice and pitta bread.



Don't forget dairy—low fat custard, fromage frais, rice pudding or yogurt are very popular and excellent for growing bones.





### BEWARE OF HIDDEN SUGAR

One large Capri Sun juice drink contains 7 1/2 teaspoons of sugar! Now that's a lot if you were putting it in your cup of tea. 1 teaspoon weighs 5g.

Check the labels:

- Drinks stating that they contain no added sugar will have artificial sweetener (e.g. aspartame) instead. These are not recommended for young people.
- A produce is high in sugar if it contains 10g or more sugar per 100ml. A produce is low in sugar if it contains 2g or less per 100ml.



Always include a drink to help your child concentrate. Go for still water or skimmed milk, or unsweetened fruit juice.



Pick low fat sandwich fillings such as lean meats (e.g. ham or turkey), fish (e.g. tuna or salmon), cheese (e.g..



Edam, mozzarella or cottage cheese) or sliced banana.

Cook some pasta, rice or potatoes with dinner the night before to make into an effortless and tasty salad for lunch the next day.



A child's lunch should include **ONLY** the following:

- A portion of starchy food, e.g. wholegrain bread/bap, sesame seed pitta bread, plain crackers, pasta, potato or rice salad.
- Fresh fruit and vegetables, e.g. apple/orange, banana, cherry tomatoes, carrot sticks, mini fruit chunks.
- A portion of milk or dairy food, e.g. cheese, plain/fruit yoghurt.
- Small portion of lean meat, fish or alternative, e.g. two slices of ham, chicken, beef, Quorn, cheese, tuna, egg or hummus.
- A drink—NOT FIZZY



The school asks that parents **DO NOT** include the following items in packed lunches:



- Chocolate and sweets
- Fizzy drinks and glass bottles
- **Any food containing NUTS**
- Food which needs reheating

# Sandwich Switchers

Unhealthy

Healthy



Jam/Chocolate spread



Banana



Fish fingers



Tuna and sweetcorn



Fried Egg



Egg mayonnaise



Croissant



Bagel



Butter ONLY



Cheese or cheese spread



# Snack Switchers

Unhealthy

Healthy



Cereal Bar



Raisins, dried apricots or



Crisps



Plain popcorn/rice cakes



Sweets



Salad sticks



Chocolate Bar



Yoghurt

