

Practical tips for a healthy packed lunch:

- Involve your child in choosing and preparing their packed lunch.
- * Keep food fresh by adding a small frozen ice pack.
- One child's portion size of fruit or vegetables is roughly the same amount as they could hold in their hand.
- Swap to wholegrain bread, or use one slice of white and one of brown.
- Try to vary fillings for sandwiches and always try to add some salad.
- * Ideas for fillings include lean meats, chicken and mashed avocado, quorn slices, hummus, egg, fish (such as tuna or salmon), cottage cheese, grated cheese or sliced banana.
- Try an alternative to sandwiches- make rice, pasta, couscous or bean salads instead. Or use rice cakes, crackers or wholemeal bagels.
- Use up leftover vegetables by making a soup and bringing it in a flask.
- Swap squash and sweetened drinks to water or milk.

Please note:

- Waste or uneaten items are taken home in your child's packed lunch box.
- Some of our pupils may require special diets and for this reason pupils shouldn't swap food at lunchtime.

For more information and advice have a look at:

www.change4life.com



Healthy Packed Lunch Guidance

Why have a packed lunch guidance?

As a Healthy School we encourage good eating habits for our children and provide guidance to support children making healthy choices.

Kingswood school lunch menus are created to ensure a healthy balance across the week based on the **Eat Well Plate**.



However, many of our children currently bring a packed lunch to school. This guidance has been produced to guide parents, carers and children about what

Use the information in this guidance leaflet to make your child a healthy packed lunch.

A healthy lunch gives children the energy they need to learn and play for the rest of the day.



What is a healthy packed lunch?

A healthy packed lunch is a balanced meal based on items from our four main food groups (green worded sections):

✓ 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 eg hummus.
- Fruit salad / kebab.
- Vegetables added to salads eg sweetcorn, peppers.



✓ Milk and dairy foods

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

- Choose from milk, fruit smoothie (made from yoghurt / milk) , yoghurt, fromage frais and cheese.



✓ Starchy foods

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.



✓ Drinks

Drinks, particularly water, help your child to concentrate:

- We encourage water or milk rather than pure fruit juice or sugary drinks be included in packed lunches. Water is freely available in school during the day.

Snacks (amber items)

Snack items may occasionally, weekly as a treat, be included in packed lunches but aim for healthier options. Snack foods tend to be high in fat, sugar and salt. Alternatives could include malt loaf, fruit bread, fruit scone, plain popcorn, fig rolls, fruit crisps, fruit based cakes and bars, rice cakes or seeds.

✓ 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 such as dhal, bean salad or hummus.



✗ Packed lunches should not include fizzy drinks or sweets.