



## Healthier Packed Lunches

### 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, and to be healthy and active.



Article 24: Your right to good food and water and to see a doctor if you are ill

We have designed this booklet to give you information on how to make your child a healthier packed lunch. We hope you find it helpful.

Written by Year 5

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## Practical tips for a healthy lunchbox

- Try to vary the contents of the lunchbox daily. That way you can ensure your child is getting the variety of nutrients their bodies needs to function and grow.
- Involve your child in preparing their lunchbox. They are more likely to enjoy food they have made themselves.
- To keep food fresh, make sure it is stored properly: lunches packed the night before need to be stored in the fridge. To keep the lunch fresh throughout the day, use a cool bag and put a frozen drink or reusable icepack.
  - Try to add a little salad to a sandwich.

Scan for more information on the Eatwell Guide.



Scan for healthier lunchbox recipes



## What is a healthy packed lunch?

### Starchy foods

Base each meal on a starch food, such as: bread, potato, rice or pasta. Starchy foods give energy, fibre, vitamins and minerals.

### Meat and alternatives

Add some protein, for example, fish, eggs, lean meat, beans or pulses. Protein foods build muscles and provide minerals. Meat products such as sausage rolls, sausages, pies and pastries should not appear regularly in the lunch box.



### Milk and dairy foods

Try to include a dairy product or dairy alternative. These foods provide the calcium necessary for strong bones and teeth, as well as protein and vitamins.

### Fruit and vegetables

Don't forget to include fruit and vegetables. You can use fresh, frozen or tinned. Fruit and vegetables are full of vitamins and fibre necessary for the body to function properly and to keep you strong and healthy.



## Drinks

Drinks, especially water, help children to concentrate and feel well. Water is freely available in school. Only water, milk or pure fruit juice should be included in the lunch box.

## Snacks and Confectionery

Snack foods may be included occasionally, but aim to make healthier choices. Packed lunches should not contain chocolate, sweets or fizzy drinks.

## Top Tips

- Add tomato, lettuce or cucumber to a sandwich
- Include fresh fruit, such as, apple, banana, or pear.
- Include finger foods such as cherry tomatoes, carrot sticks or cucumber sticks.
- Use fresh fruit and vegetables that are in season to help the environment.
- Aim to include at least two portions of fruit and vegetables in every lunch box.**

