HEALTHY PACKED LUNCHES



Helping children learn, play and grow with healthy choices!

WHAT MAKES A HEALTHY PACKED LUNCH?

1. A STARCHY FOOD

Choose foods that help children stay fuller for longer.

- Wholemeal or granary bread
- Wraps, pittas or bagels
- Pasta, rice or couscous salads
- Potatoes



Wholegrain options are a great choice where possible.

2. A SOURCE OF PROTEIN

These foods help children grow and stay healthy.

- Chicken or turkey
- Tuna, salmon or other fish
- Egg
- Cheese (reduced-fat where possible)
- Hummus or beans



3. FRUIT AND VEGETABLES

Please include at least one portion of fruit and one portion of vegetables each day.

- Apple slices, berries, melon or satsuma segments
- Carrot sticks, cucumber, peppers or cherry tomatoes



Adding fruit and vegetables helps children work towards their 5 A Day.

4. A HEALTHY DAIRY OPTION

Examples include:

- Low-fat, lower-sugar yoghurt
- Fromage frais
- Cheese portions



HEALTHY LUNCHBOX IDEAS



Wholemeal chicken and salad wrap | Tuna and sweetcorn sandwich | Hummus with pitta bread and vegetable sticks | Pasta salad with vegetables | Egg and lettuce sandwich | Soft cheese and salad bagel

Get children involved in choosing and preparing their lunchbox—they are more likely to emjoy eating it!

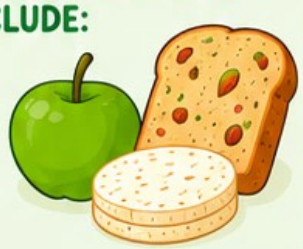
PLEASE AVOID BRINGING:



Sweets and chocolate bars | Fizzy drinks or energy drinks | Crisps | Foods high in sugar, salt and fat

HEALTHIER ALTERNATIVES INCLUDE:

- Fruit
- Rice cakes
- Fruit bread





WE ARE A NUT-FREE SCHOOL.

Thank you for helping us keep all children safe.

DRINKS

ONLY WATER should be provided in packed lunch boxes.



Water is the healthiest choice and helps children stay hydrated throughout the school day.

REMEMBER: VARIETY IS KEY!

A balanced lunchbox with a mixture of foods helps children:

- ✓ Stay focused
- ✓ Have energy for learning and play
- ✓ Develop healthy eating habits for life

For more healthy lunchbox ideas and recipes, visit:
www.nhs.uk/healthier-families/recipes/healthier-lunchboxes