

Practical tips for a Healthy Lunchbox

^^Try to vary the contents of the Lunchbox daily. That way you can ensure that your child is getting a wide variety of the nutrients they need for their bodies to function and grow properly.

^^Involve your child in choosing and preparing their lunchbox. They are more likely to enjoy food they have made themselves.

^^Drinks -Water or milk are the healthiest options. Cartons of fruit juice are convenient but beware they have little nutritional value and often contain high levels of sugar.

^^Savoury Snacks are highly processed and contain high levels of fat and saturated fats. Rice cakes and bread sticks are a healthier alternative.

^^Avoid cakes and pastries which are high in fat and sugar, try fruit loaf or malt loaf instead.

^^Cereal Bars and 'Real Fruit' snacks are high in sugar that tends to stick to teeth and can cause tooth decay.

^^A Healthy Lunchbox should not contain chocolate bars, sweets or fizzy drinks.

Barrs Court Primary School Healthier Packed Lunches for Children.

What you need to know

Eating well is very important. Children need to eat a well-balanced diet as it will give them energy and nutrients to enable them to grow and develop into healthy active adults.



This leaflet has been produced by the children of Barrs Court School Council and Eco Team to help provide information on how to pack a healthier lunch.

What is a healthy packed Lunch?

A healthy packed lunch is a balanced meal providing a variety of nutrients that can be found in the four main food groups.

1. **Starchy Foods** - base each meal on a starchy food such as bread, pasta or rice, try different types of bread such as pitta bread, wraps or bread rolls. Whole grain varieties are best for fibre which is vital for a healthy digestive system. Starchy foods (carbohydrates) release energy slowly and keep energy levels high.
2. **Protein** - add some protein such as meat, chicken, fish, eggs, cheese or pulses. Protein foods provide minerals and are needed to build and repair muscles and keep children alert.



3. **Milk and Dairy** - include a dairy product (or dairy alternative) such as yogurt, fromage frais, cheese or a yogurt drink. Whole-milk yogurts, such as Greek yogurt, contain less sugar than low-fat yogurts. These products contain calcium necessary for strong bones and teeth, as well as protein and minerals.

4. **Fruit and Vegetables** - don't forget to include fresh fruit and vegetables. These are very important as they are packed full of vitamins, minerals and fibre necessary for the body to function properly and keep you strong and healthy. As there is a huge variety on offer you can easily vary the choice from day to day.

Finger foods such as cherry tomatoes, cucumber and carrot sticks are good with a dip such as hummus or guacamole.

Fruit salad (fresh or tinned in juice) can be colourful and enticing to eat.

Dried apricots are particularly rich in iron!