

Practical tips for a healthy packed lunch:

- Involve your child in choosing and preparing their packed lunch
- 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 slice of brown.
- Try to vary fillings for sandwiches and always try to add some salad. Ideas for fillings include lean meats, chicken, Quorn slices, egg, fish (such as tuna or salmon), grated cheese, cream cheese or sliced banana.
- Try an alternative to sandwiches – make rice, pasta, couscous or bean salads instead. Or use rice cakes, crackers or bagels.
- You can use leftovers such as pasta dishes or vegetable pizza as part of your child's packed lunch the following day.

For more information, advice and ideas have a look at:

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

<https://www.nhs.uk/live-well/eat-well/5-a-day-what-counts/>

<https://www.netmums.com/back-to-school/lunchbox-ideas>



[New Park Primary Academy](#)



Healthy Packed Lunch Guidance

Why have packed lunch guidance?

As a school, we encourage good eating habits for our children and provide guidance to support children making healthy choices. Our new school lunches ensure a healthy balance across the week based on the **Eat Well Guide**.



This guidance has been produced to guide parents, carers and children about what choices should be made for healthy packed lunches.

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 the four main food groups; fruit & vegetables, protein, carbohydrates, and dairy & alternatives.

Fruit and Vegetables

We encourage at least one item of fruit or vegetables 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 vegetables.
- ✓ Dried fruit including raisins, apricots and dates.
- ✓ Add salad items such as tomato, cucumber, grated carrot, beetroot or lettuce to a sandwich.
- ✓ Finger food such as celery sticks, which are good with a dip.
- ✓ Fruit salad / kebab
- ✓ Vegetables added to salads e.g. sweetcorn, peppers.

Protein:

Add some protein which is vital for healthy growth.

- ✓ Lean meat 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 or Quorn.
- ✓ Pulses and beans.

Carbohydrates

Base each packed lunch on a starchy food as these foods are great for energy and are the main source of range of nutrients in our diets.

- ✓ Try different types of bread, including bagels, pitta bread, wraps, chapattis or bread rolls.
- ✓ Other starchy foods include pasta, rice, potato, noodles or couscous.
- ✓ Whole grain varieties are best for fibre.

Dairy and alternatives

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

- ✓ Sugar-free yogurt, sugar-free fromage frais and cheese.

Healthy snack alternatives:

- ✓ malt loaf, fruit bread, fruit scone, plain popcorn, fig rolls, rice cakes, seeds.

Drinks:

Keeping hydrated will help your child to concentrate. Water is freely available at lunchtimes and for children to refill their water bottles with during the day.

Packed lunches should not include drinks (water is freely available at school) crisps, sweets or chocolate.