







Practical Tips for a Healthy Lunchbox

-  Try to vary the contents of the lunchbox daily. That way you ensure your child is getting the variety of nutrients their bodies need to function and grow.
-  Involve your child in preparing the lunchbox. They are more likely to enjoy food they have made themselves.
-  Wash your hands before handling food. Wash fruit and vegetables before use and put food in clean containers.
-  To keep food fresh, make sure it is stored properly: lunches packed the night before need to be stored in the fridge. If using rice, make sure it is cooled quickly and stored in the fridge overnight. To keep your lunch fresh during the day, use a cool bag.
-  Keep different breads in the freezer so you can just take out and defrost what you need for one day's lunch box. Using different breads will make the lunchbox more interesting and enjoyable
-  If your child refuses to eat brown bread, try a lighter variety or make sandwiches using a slice of white and a slice of wholemeal bread
-  For variety, use pitta strips, crackers, bread sticks or fruit and vegetable finger foods with a dip.
-  Always try to add a little salad to a sandwich or put it in a separate sandwich bag or tub.
-  Make sure lunch boxes are washed out everyday
-  No chocolate only bars eg Dairy Milk



Barkway First School

Healthier Packed Lunches

For children

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, be healthy, and active.

A healthy, enjoyable lunch gives children the energy they need to learn and play at school.



Use the information in this leaflet help make your child a healthier packed lunch. Please support the school's food policy by following these guidelines.

What is a healthy packed lunch?



Starchy Foods

Base each meal on a starchy food, such as bread, potato, rice, pasta.

Starchy foods give energy, fibre, vitamins and minerals.

Bread try different types, such as pitta bread, wraps, chapattis or bread rolls.

Other starchy foods, such as pasta, couscous or rice.

Whole grain varieties are best for fibre, which is vital for a healthy digestive system.

Meat and Alternatives

Add some protein, for example meat, fish, eggs, beans or pulses. Protein foods build muscles and provide minerals.

Lean meats, such as chicken, turkey or ham.

Include oily fish, such as pilchards, sardines or mackerel at least once every three weeks.

Cheese, such as cottage cheese, edam or soft cheese.

Egg, such as quiche or omelette.

Meat alternatives, such as tofu or tempeh

Dishes containing pulses, beans or meat, for example dahl, stew or bean salad.

Meat products such as sausage rolls, sausages and chipolatas, pies and pastries, fried foods should not be included more than once a fortnight.

Use butter, margarine, mayonnaise or salad dressings sparingly, because these can be very high in fat, or use lower fat alternatives.

The school does not allow anything containing nuts in packed lunches. Eg Peanut butter and Nutella.



Milk and Dairy Foods

Include dairy product or dairy alternative, such as fromage frais. These foods provide calcium necessary for strong bones and teeth, as well as providing protein and vitamins.

Lower fat varieties are healthier.

Fruit and Vegetables

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

Add tomato, lettuce or beetroot to a sandwich

A vegetable dish, such as salad roast vegetables

Fresh fruit, such as apple, banana or pear

Dried fruit, such as raisins, apricots or figs.

Fruit salad(fresh or tinned in juice) or vegetable salad.

Finger foods, such as cherry tomatoes, cucumber sticks or celery. Good with a dip, such as humus or guacamole.

Use fresh fruit and vegetables, which are in season to help the environment and enjoy variety!

Aim to include at least one portion of fruit and one portion of vegetable or salad.

