

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 need to function and grow.
- ☺ Involve your child in preparing their lunchbox. They are more likely to enjoy food they have made themselves.
- ☺ 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.
- ☺ Always try to add a little salad to a sandwich. To avoid soggy sandwiches, dry the salad before adding it to the sandwich or put it in a separate sandwich bag or tub.
- ☺ Make a lower-fat salad dressing by mixing it with some low-fat yoghurt or semi skimmed milk.
- ☺ You can use leftovers; for example, rice and curry, vegetable pizza or pasta and sauce.
- ☺ Make a salad using rice, potato or pasta from the night before, mixed with vegetables, beans and so on.

For more information and advice go to:

www.eatwell.gov.uk/

www.schoolfoodtrust.org.uk/packedlunches/

Contact Information

Robert Leach

Sinai 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.



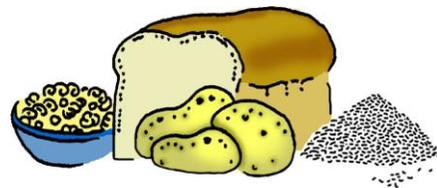
This leaflet provides information on how to pack a healthier lunch. Please support the school's food policy by following these guidelines.

What is a healthy packed lunch?

A healthy packed lunch is a balanced meal providing a variety of nutrients, to be found in four food groups:

Starchy Foods

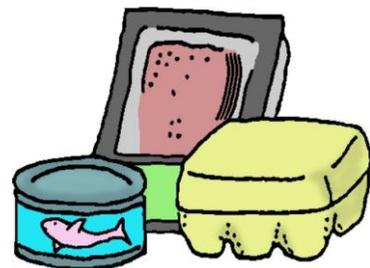
Base each meal on a starchy food, such as bread, potato, rice, pasta, yam. Starchy foods give energy, fibre, vitamins and minerals.



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

Meat and Alternatives

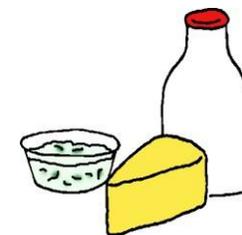
Add some protein, for example meat, fish, eggs, beans or pulses. Protein foods build muscles and provide minerals.



- ! Use butter, margarine, mayonnaise or salad dressings sparingly, because these can be high in fat, or use lower fat alternatives.
- ✗ The school has a no nuts policy as some children are allergic to these.

Milk and Dairy Foods

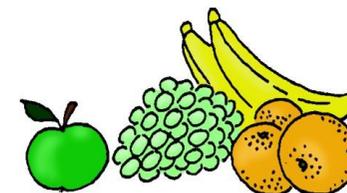
Include a dairy product or dairy alternative, such as cheese, yoghurt, fromage frais or yoghurt drink. These foods provide calcium necessary for strong bones and teeth, as well as providing protein and vitamins.



- ✓ 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.



- ✓ Use fresh fruit and vegetables, which are in season to help the environment and enjoy variety!
- ✓ The school expects all packed lunches to contain at least one piece of fruit, vegetable or salad.



Drinks

Drinks, especially water, help children to concentrate and feel well. Water is freely available in school.



- ✓ Only water or pure fruit juice should be included in the lunchbox.

Snacks and Confectionery

Snack foods may be included occasionally but aim to make healthier choices. Snack foods tend to be high in fat, sugar and salt.

For a healthier snack:

- ✗ Please do not put cakes and pastries, chocolate, biscuits or fizzy drinks in packed lunches.