

What is a healthy packed lunch?

Drinks

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

- ⇒ Another drink can be included in the lunchbox, however please do not include fizzy drinks or juice drinks.

- ◆ Replace sugary or fizzy drinks with water.

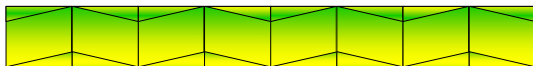


Snacks and Confectionery

Snack foods may be included occasionally but aim to make healthier choices. Snack foods tend to be high in fat, sugar and salt. Foods high in fat can cause excessive weight and may lead to heart disease. High sugar foods are high in calories and bad for teeth. High salt foods may increase blood pressure, which can lead to heart disease and some cancers.

For a healthier snack:

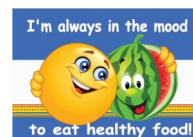
- ⇒ Replace sweets and chocolate with dried fruit, a small bunch of grapes or fruit salad.
- ⇒ Replace cakes and pastries with fruit bread or malt loaf.
- ⇒ Replace salted savoury snacks with rice cakes or breadsticks.
- ◆ Please note that we do not allow sweets at schools
- ◆ Please do not put chocolate or fizzy drinks into the packed lunch boxes.



Practical Tips

- ⇒ Vary the contents of the lunchbox daily. That way you can ensure your child is getting the variety of nutrients their bodies need.
- ⇒ Involve your child in preparing their lunchbox.
- ⇒ Wash fruit and vegetables before use.
- ⇒ Lunch boxes packed the night before need to be stored in the fridge.
- ⇒ To keep lunch fresh during the day, use a cool bag
- ⇒ Use a variety of different breads to 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.
- ⇒ For variety, use pitta trips, crackers, breadsticks or fruit and vegetable finger foods with a dip.
- ⇒ Make a fruit smoothie by blending juice and fruit together.
- ⇒ 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 great ideas visit:
www.eatwell.gov.uk



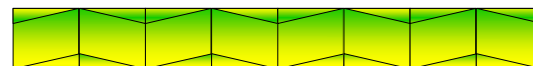
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Healthier



Packed Lunches for Children



Iver Village Junior
School

Believe, Achieve, Succeed Together

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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.

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

- Starchy foods. These are bread, rice, potatoes and pasta, and others.
- Meat and Alternatives. These are meat, fish, eggs, beans and others.
- Milk and Dairy foods. This could be cheese or yoghurt.
- Fruit and Vegetables.

Starchy Foods

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



What is a healthy packed lunch?

- ⇒ Bread—try different types, such as pitta bread, wraps or bread rolls.
- ⇒ Other starchy foods, such as pasta 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
- ⇒ 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
- * Use butter, margarine, mayonnaise or salad dressings sparingly, because these can be high in fat, or use lower fat alternatives.



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Milk and dairy Foods

Include a dairy product or dairy alternative, such as fromage frais or tzatziki. 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 a salad or roast vegetables
- ⇒ Fresh fruit, such as apple, banana or pear.
- ⇒ Dried fruit, such as raisins, apricots or figs
- ⇒ Fruit salad (fresh or tinned) or vegetable salad.
- ⇒ Finger foods, such as cherry tomatoes, cucumber sticks or celery. Good with a dip such as houmous or guacamole.
- ◆ 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.

