

All lunchboxes should have some sort of 'starchy food'. Here are some ideas:

Sandwich



Pasta



baguette



bread



bread Roll

Please have at least one piece of fruit like:

strawberry
apple



grapes



carrots



Banana



Please try and have some 'dairy' foods in your lunchbox. Here are some ideas:

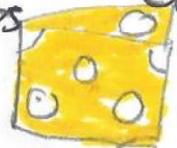
yoghurt



yoghurt pots



cheese



You are allowed one SMALL treat everyday. Try these healthy treats:

cereal bar



biscuit



small bag of crisps

chocolate



Foods you are not allowed:



coke or any fizzy drinks



Sweets

big bag of crisps



stars

Some practical tips for a Healthy Lunchbox:

ÉTry to vary the contents of the lunchbox daily, that way you can ensure your child is getting all of the nutrients they need to help their bodies function and grow.

ÉLeftovers are GREAT! For example, pack your child last night's rice and curry, stew, chilli con carne, homemade pizza or pasta and sauce!

ÉInvolve your child whilst preparing their lunchbox. They're more likely to enjoy what they've made themselves.

ÉAlways wash your hands before handling food and wash all containers before adding food to them.

ÉTo keep food fresh make sure it is stored correctly; lunches prepared the night before should be stored in the fridge. If you are using rice make sure it is cooled quickly and stored in the fridge overnight.

ÉTo keep lunch fresh during the day use a thermally protected lunch box, a cool bag and/or put in a frozen drink, reusable ice pack, frozen grapes, or even a frozen sponge!

ÉIf your child doesn't like wholemeal or seeded bread, try using other varieties of bread, mixing wholemeal and white or use different substitutes such as pittas or crackers.

ÉMake a salad using leftovers from the night before using rice, pasta, or potatoes mixed with vegetables, beans and so on.

ÉEnsure you read the labels -usually a food product has the word 'healthy' on it, it's a marketing ploy! Most products have nutritional information on the label. Some products also have colour coding on the front, which tells you at a glance if the food has high (red), medium (amber) or low (green) amounts of fat, saturated fat, sugars and salt -the more green(s) on the label, the healthier the choice.

ÉKnow your sugar: The Scientific Advisory Committee on Nutrition (SACN) recommends that free sugars account for no more than 5% of our daily energy intake. This is:

- » 19g or 5 sugar cubes for children aged 4 to 6,
- » 24g or 6 sugar cubes for children aged 7 to 10,
- » 30g or 7 sugar cubes for 11 years and over.



A balanced packed lunch should contain:

- Starchy foods ó these are bread, rice, potatoes, pasta and others
- Protein foods ó including meat, fish, eggs, beans and others
- A dairy item ó this could be cheese or a yoghurt
- Vegetables or salad and a portion of fruit



ST.ANDREW'S C of E healthy lunch policy

A healthy lunch is very important for us children because:

- It gives us energy,
- It keeps our brain awake.
- It helps us do challenging learning.
- It helps keeps us fit and healthy so we can run faster!

We have written what we think children should and shouldn't have in their lunch boxes— please make sure you follow it.

Thank you.

Written by the School Council
2016.

'Where young minds grow and young hearts learn to care'