

Blackwell's Guide to a Healthy Packed Lunch



The school recognises the benefits of a well-balanced hot school meal for children in the middle of the day, and would recommend this to parents as the best option. However, should parents decide to send in a packed lunch from home, the following recommended guidelines set out by the British Nutrition foundation should be noted.

Sandwich Switchers

Unhealthy		Healthy
Jam / chocolate spread	➡	Banana
Burger / chicken nuggets	➡	Tuna and sweetcorn
Fried egg	➡	Egg mayonnaise and tomato
Croissant	➡	Bagel
Butter only	➡	Cheese or cheese spread and cucumber

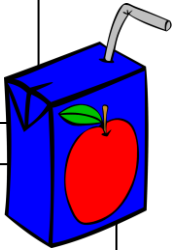
Snack Switchers

Unhealthy		Healthy
Cereal bar	➡	Raisins or dried apricots Cherry tomatoes
Cakes made with sugar / fat / muffin / pastry	➡	Cakes made with vegetables (beetroot, courgettes, carrot etc.)
Crisps	➡	Plain popcorn / rice cakes
Sweets	➡	Carrot or cucumber sticks
Chocolate bars	➡	Yoghurt

Healthy Lunchbox Ideas

Instead of cakes, chocolates and biscuits, try currant buns (without icing), fruit bread, tea cakes and malt loaf.

Freeze a carton of pure juice, milk or yogurt and place in a mini sandwich bag. It will be defrosted by lunchtime and keep your lunchbox cool in the meantime!



KIDS LOVE PLAIN POPCORN!

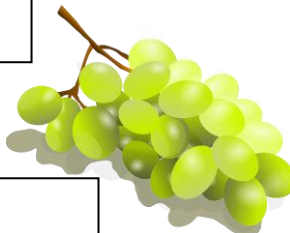
Making plain popcorn is easy, quick and cheap:

- Buy the kernels from any supermarket
- Place a small handful in a sealed container or covered bowl in the microwave
- Heat for about 2 minutes
- The popcorn will stay fresh longer in an airtight container

When you are preparing vegetables or salad for dinner, **cut up a few extra** carrot, cucumber or celery sticks for lunch the next day to reduce the time spent preparing lunch!



Provide fruit, in small pots, which is easy and quick to eat, e.g. chopped canned pineapple, satsuma pieces (peeled), raisins, dried apricots, grapes, peeled and chopped kiwi fruit.



Processed cheeses (e.g. cheese strings and cheese slices) are very high in salt - cut Cheddar, Edam or Red Leicester into sticks to make it bite-size and fun to eat!



Make easy swaps - for example, if your child likes something sweet, give them raisins or a small can or pot of chopped fruit instead of a chocolate bar. If they prefer savoury foods, ditch the crisps and give them plain popcorn, rice cakes or crunchy carrot sticks instead.

Try buying 'whole white' sliced bread (white bread made with one-third wholemeal flour). Or, you could make a sandwich from one slice of whole white bread and one slice of wholemeal bread.

- Keep a selection of breads in the freezer for sandwiches. Then you can just take out what you need for one day's lunchbox and defrost it on a plate.
- Using a different type of bread each day can make lunchboxes more interesting. Try granary, wholemeal or whole white bread, pitta, fruit bread, bagels, English muffins, chapatti or wraps.

Don't forget the dairy: low-fat custard, fromage frais, rice pudding or yoghurt is very popular and good for growing bones!



BEWARE OF HIDDEN SUGAR

One large Capri Sun juice drink contains $7\frac{1}{2}$ teaspoons of sugar! Would you put that much sugar in your tea? (One teaspoon of sugar weighs 5g)

Check the label:

- Drinks stating that they contain no added sugar will have artificial sweetener (e.g. aspartan instead. These are not recommended for young people.
- A produce is high in sugar if it contains 10g or more of sugar per 100ml. A produce is low in sugar if it contains 2g or less per 100ml.



Always include a drink to help your child concentrate. Go for still water, semi-skimmed or skimmed milk, or unsweetened fruit juice.

Pick low-fat sandwich fillings such as lean meats (e.g. ham or turkey), fish (e.g. tuna or salmon), cheese (e.g. Edam, mozzarella or cottage cheese), or sliced banana.

Cook some extra pasta, rice or potatoes with dinner, the night before, to make into an effortless and tasty salad for lunch the next day.



A child's lunch should include only the following:

- A portion of starchy food, e.g. wholegrain bap/bread, sesame seed pitta bread, plain crackers, pasta or rice salad
- Fresh fruit and vegetables, e.g. apple/orange/banana, cherry tomatoes, carrot sticks, mini fruit chunks, etc.
- A portion of milk or dairy food, e.g. cheese, plain/fruit yoghurt, etc.
- Small portion of lean meat, fish or alternative, e.g. two slices of ham, chicken, beef, Quorn, cheese, tuna, egg or hummus, etc.
- A drink: fruit juice (not fizzy or diluted squash), water (not flavoured), milk (not flavoured).

The school asks that parents DO NOT include the following items in packed lunches:

- Sweets (including Winders), chocolate, etc.
- Crisps or any packeted savoury snacks high in salt and fat
- Fizzy drinks/sugary drinks
- Sweet cakes, e.g. sugary cakes, doughnuts, etc.
- Sweet nut bars, etc.
- Foods containing salted nuts, etc.
- Packets of salted nuts



A few ideas for healthier lunchboxes

For a healthy balanced lunchbox, include something from each of these groups every day:

- ✓ **Starchy food:** include a good portion of starchy food, e.g. wholegrain roll, tortilla wrap, chapatti, pitta pocket, bagels, breadsticks, pasta, cous cous or rice salad;
- ✓ **Protein:** portion of lean meat, fish or alternative, e.g. chicken, ham, beef, tuna, egg, beans or hummus;
- ✓ **Fruit and vegetables:** Aim for at least 3 portions of fruit and vegetables and salad during the school day, e.g. an apple, satsuma, handful of cherry tomatoes or carrot sticks, small tub of fruit salad or small box or raisins (remember raisins are very high in sugar, so have with a meal rather than as a snack);
- ✓ **Dairy products:** A portion of semi-skimmed milk or other dairy food, e.g. soft or hard cheese, yoghurt or fromage frais;
- ✓ **Healthier drink:** a drink, e.g. fruit juice, semi-skimmed milk, yogurt drink or a bottle of water;
- ✓ **And remember...** a healthy lunch can include an occasional treat from time to time for variety and appeal.

Monday

Pitta bread with tuna and sweetcorn
Cherry tomatoes
Celery stick
Low fat strawberry yoghurt
Banana
Unsweetened apple juice



Tuesday

Cheese sandwich on wholemeal bread
Carrot sticks
Rice cake
Apple
Small handful of grapes
Low fat fromage frais
Bottle of still water



Wednesday

Homemade tuna and rice salad with
fresh tomato and cucumber
Red pepper strips
A peach
A few strawberries
Small portion of dried apricots
Carton of unsweetened orange juice



Thursday

Salad and hummus wrap
Cucumber sticks
Small portion of raisins and sultanas
Low fat peach yoghurt
Melon slice
Fruit smoothie



Friday

Chicken salad in a malted bread roll
Small pot of fruit pieces in natural
fruit juice
Cherry tomatoes
1 kiwi fruit
A small carton of milk