



Baildon C of E Primary School

Healthy Packed Lunches Ideas

We all know that a healthy, enjoyable lunch will help give children the energy and nutrients that they need to learn and play at school. However, providing a healthy, varied packed lunch, that is fun and tasty to eat, can be a challenge.



This leaflet has been developed to give you some healthy packed lunch ideas which coincide with the launch of the New National Standards for School Meals in England which become fully operational in January 2015.

To make a healthy packed lunch, just include something from each of the 4 main food groups;

- Starchy Carbohydrates (bread, rice, potatoes, pasta)
- Protein containing foods (meat, fish, eggs and beans)
- Fruit and vegetables
- Milk and dairy foods

Starchy Carbohydrates

Starchy carbohydrates are an important part of a healthy diet as they give us energy.

- Try using different types of breads to make sandwiches more interesting, such as pitta bread, wraps, bread rolls, chapatti, bagels crackers and breadsticks.

Tip! Keep different types of bread in the freezer so you can just take out and defrost what you need.

- Choose wholegrain varieties of breads when you can. If your child is reluctant to eat wholegrain bread, try a high fibre white bread or make sandwiches using 1 slice of white bread and 1 slice of wholemeal bread.
- You could include leftovers such as pasta and sauce, rice or curry and vegetable pizza – or cook extra pasta, rice, potatoes or couscous and mix with salad vegetables.

Tip! Once rice is cooked, cool quickly and store in the fridge overnight.

Protein Foods

Protein foods are needed for growth. Include lean meat, chicken, fish, eggs, beans or pulses in the packed lunch. See below for some tasty suggestions.

Please Remember! We are a nut free school!

- Cooked chicken or turkey with tomatoes and lettuce
- Tuna fish with sweetcorn.
- Tinned mackerel with cucumber.

Tip! Oily fish such as sardines, mackerel, pilchards or salmon are a good source of omega 3, which is important for keeping the heart healthy and brain development. Oily fish is included on the school menu at least once every 3 weeks.

- Egg mayonnaise and lettuce
- Cottage cheese and dried apricot
- Cheese and tomato
- Dishes containing beans or pulses such as houmous, mixed bean salad or dahl.

Tip! Try to limit meat products such as sausages, sausage rolls, pies and pastries which are high in fat and salt. These foods are only served once a week as part of a school meal

Fruit and Vegetables

Don't forget to include fruit and vegetables which provide essential vitamins, minerals and fibre. You can use fresh, frozen, tinned or dried...they all count towards eating at least 5 portions a day! Here are some ways to include fruit and vegetables.

- Add sliced tomato, shredded lettuce or beetroot to a sandwich

Tip! To avoid soggy sandwiches, dry the salad before adding it to the sandwich or put it in a separate sandwich bag or tub.

- Include a vegetable dish such as a mixed salad or roasted vegetables
- Add fresh fruit such as a small apple, banana, pear or chopped fruit

Tip! It is usually cheaper to buy fruit and vegetables when they are in season.

- Try dried fruit such as raisins, apricots or figs
- Include tinned fruit in juice
- Add chopped vegetables such as cucumber, carrots or celery. These go well with dips such as houmous, guacamole or soft cheese.

Tip! Aim to include at least one portion of fruit and one portion of vegetables/salad in the packed lunch – this is the standard for school meals.

Milk and Dairy

Milk and dairy foods are a good source of calcium, which is important for strong bones and teeth. Try to include a dairy product in the lunch box every day. Lower fat dairy products are a healthy choice.

- Fruit yoghurt
- Fromage frais
- Small pot of rice pudding
- Plain yogurt dip such as tzatziki or raita

Tip! Use a cool bag and pop in an ice pack or freeze tube yoghurt or carton of fruit juice to keep the food cool.

Treat Foods

Treat foods can sometimes be included in packed lunches but aim to make healthier choices most of the time. Here are some healthier treat ideas.

- Malt loaf, fruit bread, fruit scone
- Plain popcorn, rice cakes or oat cakes
- Plain biscuit such as a digestive biscuit
- Wholegrain cereal bar

Did you know... The National Standards for School Meals do not allow chocolate, chocolate coated foods or sweets to be served as part of a school meal. Why not try replacing sweets or chocolate in your packed lunch with chopped fruit or dried fruit?

Drinks

Plain water is available for all children to drink at lunchtime. Alternatively, you could include a small carton (150ml) of fruit juice or sugar free dilute drink.

For more information and advice go to:

www.eatwell.gov.uk/

www.schoolfoodtrust.org.uk/packedlunches/

www.nhs.uk/change4life