

What does a healthy packed lunch look like?

Dear Parents,

A healthy lunch will:

- help your child to grow
- help your child to concentrate and learn
- develop positive habits for eating

The key to a healthy packed lunch is variety and getting the right balance of foods to provide children with all of the nutrients they need to stay healthy.

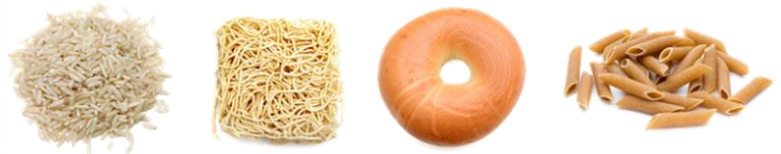
As a school we have a 'Healthy Food Policy' which can be found on our school website: <https://haywoodvillageacademy.clf.uk/wp-content/uploads/Healthy-Food-Policy.pdf>

Below are some guidelines on how to put together a healthy, balanced packed lunch. These follow the principles of the UK healthy eating model, the 'Eatwell Guide':

A school packed lunch should:

Be based on starchy foods

- This can include rice, pasta, bread, couscous, wraps, pitta, potatoes and chapati and where possible try to choose wholegrain varieties.



Include plenty of fruit and vegetables



fresh fruits or individual packs of dried fruits. Keep some of these in the cupboard for those days when you don't have much time to prep.

- Include 1-2 portions in your child's lunch box and try to vary these throughout the week.
- You could add sliced vegetables into a pasta dish or sandwich.
- Supermarkets often have packs of chopped

Include a portion of beans, pulses, fish, eggs, meat, a dairy food and/or a non-dairy source of protein

- Use beans, pulses, fish, eggs, meat and other sources of protein as sandwich fillings or in a pasta or rice salad.
- If you're not including a dairy food in the main lunch item (e.g. in a salad or sandwich), add in a yogurt or some cheese such as a cheddar stick or cheese string to the lunch box.
- If you're including a dairy alternative, e.g. soya yogurt or milk, choose varieties which are unsweetened and fortified with calcium.



Below are some tasty ideas of what you could include in your child's packed lunch:

- **A sandwich, bagel, wrap, chapati or pitta**

Top tip: 'mix and match' sandwiches – If you have a few mouths to feed, you could make a few different flavours, divide into two or three and put one of each flavour in each lunchbox

- **A pasta salad**

Top tip: If you're making pasta for dinner, cook a little extra and keep aside for lunchboxes



- **Homemade mini pizza** – Spread some tomato purée and fresh or dried herbs onto a pitta bread and top with vegetables such as onion, sweetcorn, peppers, courgettes, spinach or rocket, some cooked chicken and some grated cheese or slices of mozzarella. Grill until the cheese is melted. Cool and place in the lunchbox in the fridge for the next day.
- **Easy frittatas** – Frittatas are a great lunchbox item that can be enjoyed by all of the family. You can add any vegetables, beans, pulses, meats and cheese that you like and it is a great way to use up any leftovers.



Break time snacks

- Whole or sliced fruit
- Vegetable sticks, e.g. celery, carrot, pepper, cucumber. Some vegetables are naturally baton shaped which can save you time preparing, for example, sugar snap peas and baby corn.
- Bread sticks
- Rice or corn cakes

Avoid giving your children dried fruit as a break time snack as they are high in sugar and can be harmful to their teeth.

Healthier treats

Having a healthy lunch does not mean not allowing any treats.

Here are some ideas that the kids may like:

- Banana bread
- Malt loaf
- Fruit jelly
- Plain, fruit or cheese and chive scones
- Rice pudding



Here are some useful websites for healthy lunchbox ideas:

- <https://www.bbcgoodfood.com/howto/guide/school-packed-lunch-inspiration#:~:text=Healthy%20and%20happy,item%2C%20like%20cheese%20or%20yogurt>
- <https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>
- <https://www.bbc.co.uk/news/health-51096997>
- <https://www.betterhealth.vic.gov.au/health/healthyliving/lunch-box-tips>
- <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>

Our team want to ensure that all children are given an appropriate healthy lunch that meets the school policy. To support children and parents, staff will continue to monitor school packed lunches and are happy to advise and support parents when necessary. Please note, if families are finding it difficult financially to meet their child's need, please contact our family support worker Mims Yacomeni.

Yours faithfully
Lucy Brice
Assistant Principal