

PACKING A HEALTHY LUNCH BOX

Research has found that many packed lunches contain more fat, sugar and salt than is good for a young child's long term health. We know how difficult it can be to keep packed lunches varied and eaten! The lists are intended as helpful guidelines and ideas.

In order to help you to achieve a good balance of healthy options for your child at lunch club you should select one item from each of the boxes below.

STARCH	PROTEIN & FRUIT & VEG. FILLING	FRUIT AND VEGETABLES	DAIRY	EXTRAS
Bread – all varieties Baguette Bread rolls – all varieties Pitta bread Tortilla wrap Scone Crackers Oatcakes Pasta	Grated, cottage or cream cheese with cucumber, apple, tomato or celery. pineapple, mixed peppers or pickle Egg – chopped or sliced with cress, cucumber, tomato or ham Tuna/salmon with sweetcorn, tomato, or salad Hummus with grated carrot Chicken or turkey with salad or pickle	Any whole fruit Fruit salad Dried fruit Tinned fruit Fruit smoothie Any raw vegetable Cold roast vegetables	Yoghurt Fromage frais Smoothie made with milk/yoghurt Cheese cubes milkshake	Fruit bread Currant bun Cereal bar Fruit scone Flapjack

Packets of crisps are fine as a treat at home but should not be included at lunch club as they contain high levels of salt. We are happy to provide hot-chocolate milk drinks as a warm up when we come in from outdoors in the winter or at Forest School, and cake to share with all your friends as a birthday treat is great, but the fat content of chocolate bars means they should also not be included in daily lunch boxes.