

# A Healthy Lunchbox!



# What is a healthy lunchbox?

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- Variety is the key to a healthy lunch box.
- Making it healthier does not mean that they miss out on all the things that they enjoy eating.
- It is about getting a balanced and good variety of foods over a period of time e.g. a week.
- No single food can provide all the essential nutrients that the body needs.

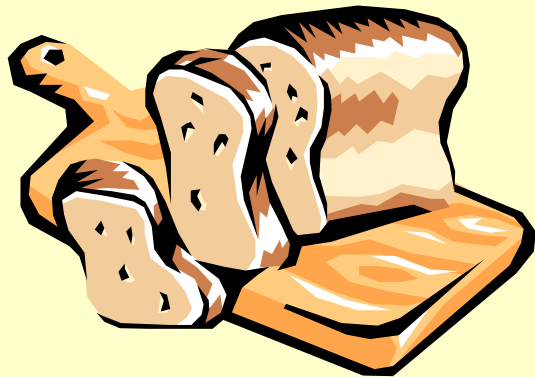
# What should a healthy lunchbox contain?



# Starch

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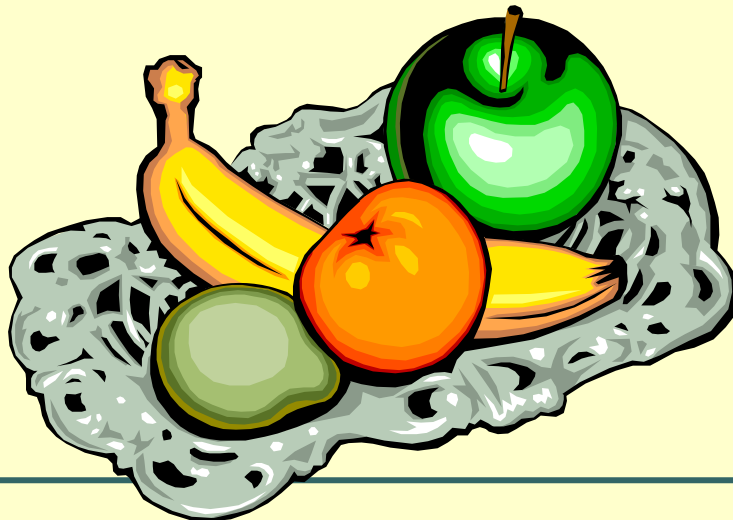
- A good portion of starchy food, e.g. wholegrain bap, thick sliced wholemeal bread, chapatti, pitta pocket or pasta salad.



# Fruit and Vegetables

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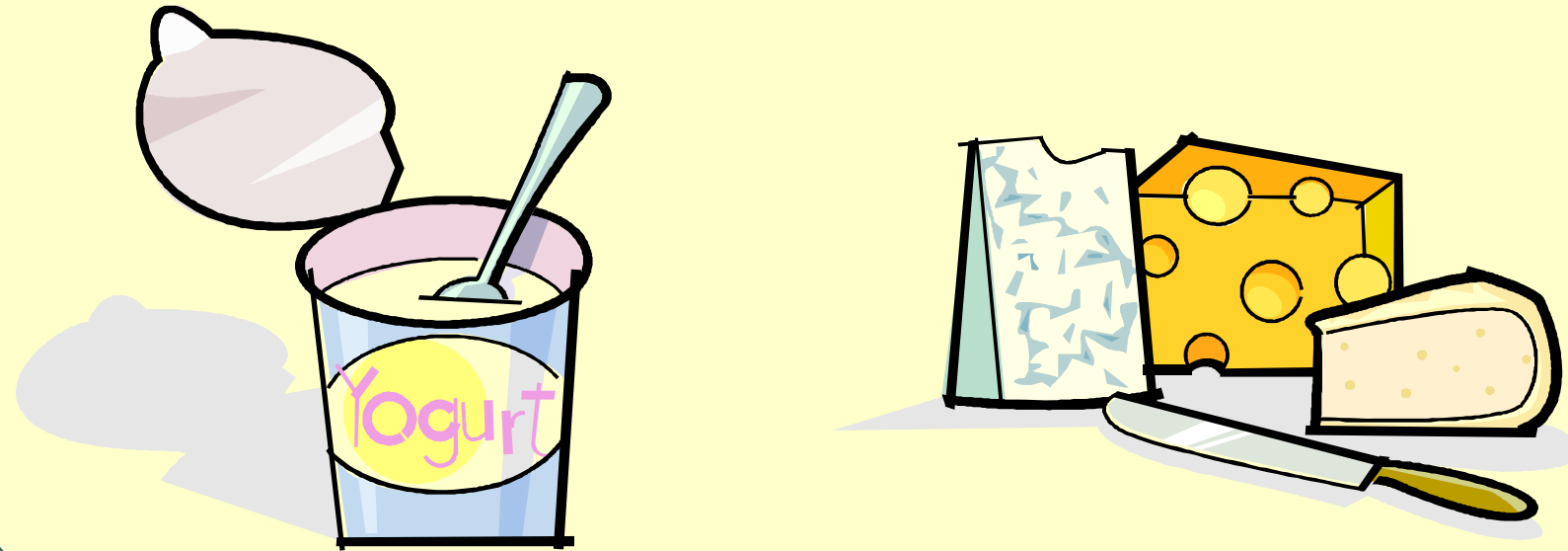
- Plenty of fruit and vegetables e.g. an apple, satsuma, handful of cherry tomatoes or carrot sticks, mini-can of fruit chunks or a small box of raisins.



# Dairy Product

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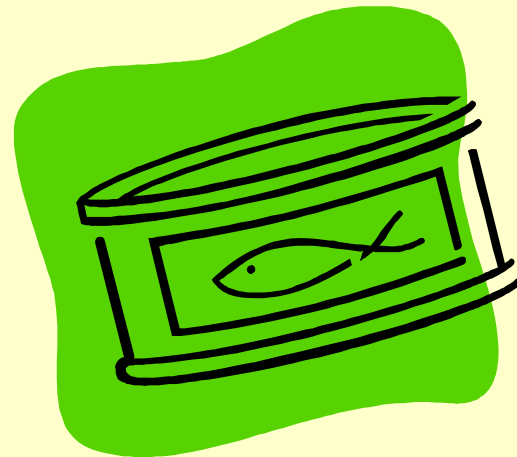
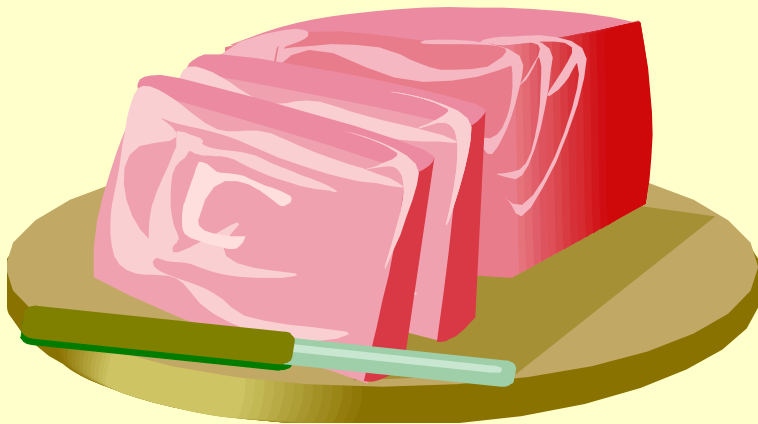
- A portion of semi-skimmed milk or dairy food, e.g. individual cheese portion or a pot of yogurt.



# Protein

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- A portion of lean meat, fish or an alternative e.g. ham, chicken, beef, tuna, egg or hummus.



## Drinks

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- A drink of fruit juice, semi-skimmed milk or bottled water.
- No fizzy drinks.



## Some other tips to remember!

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- Please ensure that no item in your child's lunch contains nuts.
- We do not allow sweets or chocolate bars in lunchboxes.
- Try to use an insulated lunchbox with your child's name clearly marked on it.
- Use a frozen ice-block or gel pack to keep the lunch cool.

# Waste Free Lunch

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We are a Sustainable School and we are working to reduce food and packaging waste at lunchtime. There are some ideas here which will help us to achieve this...

Please only pack what you think your child can eat.

# Ideas to reduce packaging

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## **START WITH A REUSABLE LUNCHBOX**

Avoid disposable plastic and paper bags.

## **PACK YOUR FOOD IN REUSABLE CONTAINERS**

Avoid plastic bags, plastic wrap, aluminium foil and pre-packaged foods whenever possible.

## **INCLUDE A DRINK IN A REFILLABLE BOTTLE**

Avoid single-use juice boxes, drink bottles, can and pouches whenever you can.



# CHILDREN ARE LEARNING TO CARE FOR THE PLANET

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Packing a waste free  
lunch is just one way that  
children can learn to



**REDUCE, REUSE AND RECYCLE.**