

# The Littletons School



# Guide To A Healthy Lunchbox

We would like to encourage all our children to be fit and healthy; here are some useful tips to achieve this.

Variety is the key to a healthier lunchbox and making a healthier lunchbox does not mean that children have to miss out on all the things they enjoy eating.


When you are making a lunchbox check to see if you have included the following-:

- ✓ A good portion of starchy food e.g. wholegrain roll, thick sliced wholemeal bread, chapatti, pitta pocket, pasta or rice salad
- ✓ Plenty of fruit and vegetables, e.g. an apple, Satsuma, tomatoes, carrot sticks, mini can of fruit chunks or a small box of raisins
- ✓ A portion of semi-skimmed milk or dairy food e.g. individual cheese portion or yogurt
- ✓ A Portion of lean meat, fish or alternative e.g. ham, chicken, beef, tuna, eggs or hummus
- ✓ A drink e.g. fruit juice, semi-skimmed milk or bottled water
- ✓ Choose products lower in salt, fat and sugar

The Food Standards Agency gives ideas and suggestions and we have included them in this booklet for you.

Other useful websites include [www.Foodinschools.org](http://www.Foodinschools.org) and [www.nghc.org.uk](http://www.nghc.org.uk)

## Other Top Tips for Lunchboxes

- ✓ Make the lunch the night before and refrigerate – this will help reduce the stress in the morning!!
- ✓ Freezer sandwiches in advance, but be aware some fillings are not suitable for freezing e.g. tomatoes
- ✓ Use an insulated lunch box 
- ✓ Use a frozen ice block or gel pack
- ✓ Freeze a carton of fruit juice and then use this as a freezer pack, it will have defrosted by lunchtime ready to drink!
- ✓ Refrigerate fruit before packing
- ✓ Avoid packing warm food into the lunchbox
- ✓ Clean the lunchbox in warm soapy water after use to make it ready for the next time

Let's hope your children enjoy their lunch!

