

## Why eat a healthy packed lunch?

New School Food Standards were introduced in January 2015 to ensure that all pupils are getting a balanced and healthy food in school.

We have used these standards to create our packed lunch guide and help families prepare a healthy packed lunch. A healthy packed lunch can help children to:

- Have enough energy to concentrate and learn in the afternoon
- Keep calm
- Get important nutrients to keep their bodies healthy

## What should a packed lunch include?

Use the following ideas to help plan a healthy lunch for your child.

### 1. Include a savoury main (with some salad)



Cheese & tomato sandwich



Tuna and salad wrap



Cream cheese and lettuce bagel



Hummus and cucumber roll



Chicken salad pitta bread



Cheese and sweetcorn pasta



Chicken and pepper noodles



Sardine and lettuce thin



Tuna and sweetcorn pasta



Egg, pepper and lettuce sandwich

### 2. Include some dairy



Fruit yoghurt



Rice pudding



Custard



Cheese portion



Yoghurt tube

### 3. Include some fruit or vegetables



Satsuma



Grapes



Banana



Cucumber



Carrot batons



Raisins



Tinned fruit salad



Cherry tomatoes



Dried apricots



Plum

### 4. Include an extra low fat/low sugar snack, if needed



Plain breadsticks



Plain rice cakes



Fruit scone



Crackers



Plain biscuit

## What should a packed lunch not include?

To keep children's lunches as healthy as possible, we would like the following items not to be included in packed lunches:

- Fried products e.g. McDonalds, Fried Chicken, chips
- Sweets, confectionery and crisps
- Fizzy drinks
- Large chocolate bars