

Why eat a healthy packed lunch?

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

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

- Have enough energy to concentrate and learn in the afternoon
- Keep calm and be prepared to do their best
- 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



chicken & salad wrap



Ham & cream cheese bagel



tuna & cucumber roll



salad and hummus pitta bread



Cheese & sweetcorn Pasta



chicken noodles



sardine & lettuce thin



Tuna & sweetcorn pasta



egg & lettuce sandwich

2. Include some dairy



Fruit yogurt



rice pudding



custard



cheese portion



yogurt tube

3. Include some fruit or vegetables



Satsuma



grapes



banana



cucumber sticks



carrot batons



Box of raisins



tinned fruit



cherry tomatoes



dried apricots



plum

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



Bread sticks



rice crackers



fruit scone



crackers



biscuit

Things to avoid...

Drinks with high sugar content like milk shakes or juice – (water or milk or unsweetened juice are just fine!)

Sweets of any kind – they have no nutritional value

Regularly having foods with high sugar or fat content eg crisps, fried foods, cakes, chocolate biscuits