

Drinks



A lunchbox is not complete without a drink. Over half the human body is made up of fluid, so it is essential we keep our bodies well hydrated.

This has a proven link to better concentration and learning.

You could include:

- Unsweetened pure fruit juices
- Flavoured waters or low-sugar squashes
- Bottle of water
- Milk
- Flavoured milk or yoghurt drinks with less than 5% added sugar
- Fruit smoothies
- A frozen carton of drink—this is a good way of keeping the lunchbox cool.

Please do not include high-fat, high-sugar and high-salt foods. Sweets and chocolates may be tasty but they will not contribute to a healthy diet, neither will the energy they give last throughout the afternoon. Crisps, as a once-a-week treat are OK, but as a daily snack will provide high levels of fats and salts.

Some cereal bars have a good balance of carbohydrates, fruit and proteins (grains, seeds, pulses, dried fruit etc.) but some have high levels of salt and sugar—check the labels! Likewise, some biscuits and cakes are great, flapjacks and cookies with added dried fruit, blueberry muffins... and if you're making your own, make some extra for the staffroom!

Further ideas

Useful websites

Food in schools

www.foodinschools.org

British Nutrition Foundation

www.nutrition.org

Food Standards Agency

www.food.gov.uk

If you have some recipes or other ideas or have found certain items very successful with your children, do let us know so we can share your ideas!

With many thanks to the school Healthy Eating Working Party for their help and suggestions!



► Healthier Lunchboxes

Guidance Leaflet



Healthier Lunchbox Checklist



Aim to include

1. A good portion of starchy food, e.g. wholegrain bap, sliced granary bread, pitta pocket, pasta or rice salad;
2. Two or three portions of fruit or vegetables, e.g. an apple, satsuma, handful of cherry tomatoes or carrot sticks, or small box of raisins;
3. A portion of semi-skimmed milk or dairy food, e.g. individual unprocessed cheese portion, or pot of yoghurt or fromage frais.
4. A portion of lean meat, fish or alternative, e.g. ham,, chicken, beef, tuna, egg, or hummus;
5. A drink, e.g. unsweetened pure fruit juice, semi-skimmed milk or water.

When choosing products for healthier lunchboxes, you should try to choose those lower in salt, fat and sugar.

Some suggestions

Carbohydrates

To ensure your child has enough energy to keep going all afternoon, it is important their lunchbox contains a good portion of starchy foods.



You could include:

- Different types of bread, such as granary, wholegrain, soft grain, baguettes, bagels, pitta bread and wraps.
- Pasta and rice salads, e.g. tuna and sweetcorn pasta, ham and pepper rice salad.
- Noodles, crackers, couscous and potatoes;
- Crispbread, chapattis, and rice cakes can make an interesting change.

Crisps may contain carbohydrates, but they also have additional fats and salts added. Your child will get a lot more energy from the items listed above!



Fruit and Vegetables

The target of eating "5 a day" is for fruit and vegetables together.

What counts as a portion?

As a rough guide, a child's portion is the quantity of fruit or vegetables that comfortably fits in their hand.

You could include:

- A satsma
- A small apple or banana
- A handful of cherry tomatoes
- A slice of melon

Adding fruit is the easy bit! Vegetables can be trickier so here are some ideas.

- Add sweetcorn and diced cucumber to tuna
- Sticks of carrot and red and yellow peppers
- Sweet potato wedges and tomato salad
- Slice of vegetable quiche.

Calcium

Children need calcium as their bones are developing.

You could include:



- Semi-skimmed milk or flavoured milk drink (with less than 5% added sugar)
- Low fat fruit yoghurts or fromage frais
- Mini cheeses or a piece of unprocessed cheese
- Cream cheese dips with bread sticks.

Protein



This is a really important nutrient for children as it is essential for the growth and repair of body tissues

You could include:

- Slices of chicken, turkey and ham
- Other good fillings for sandwiches include tuna, crabsticks, sardines, boiled egg, edam, mozzarella.
- Oily fish such as mackerel and salmon are good sources of omega3 fatty acids.
- Bean salads, chick peas, hummus.

We do have a number of children who have a nut allergy, so would ask you to not include nuts, though they are great sources of protein!