

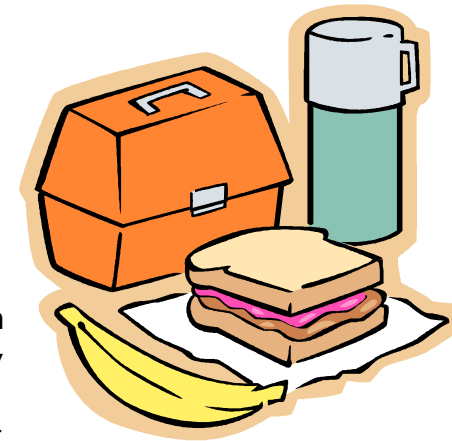
## PRACTICAL TIPS FOR A HEALTHY LUNCHBOX

- ✂ Try to vary the contents of the lunchbox daily. That will help ensure that your child is getting the variety of nutrients required for healthy growth.
- ✂ Involve your child in preparing their lunchbox. Children usually like eating food they choose or make themselves.
- ✂ Wash fruits and vegetables - cut them in different shapes and put in in attractive containers or make a fruit salad.
- ✂ Use a 'food flask' for hot food - these are usually available from the chemists and keep food hot for the day.
- ✂ If you prepare the lunch the night before, keep it in the fridge to make sure it is fresh.
- ✂ Use bread, pita, chapatti, nan and roti to make sandwiches. Use filling that your child likes, for example, chicken, bhazi, chana, fish as well as the usual tuna, salmon, egg ect.
- ✂ Always try to add a little salad to a sandwich. To avoid soggy sandwiches, dry the salad before adding it to the sandwich or put the salad in a separate container.
- ✂ Try to include healthy food that your child enjoys at home, for example, rice & curry, pasta, noodles, pizza, samosas, chapatti, roti, nan, fish, potato, beans and vegetables - there are no restrictions!
- ✂ Encourage your child to drink water instead of flavoured or fizzy sugary drinks. This will help them develop a taste for healthy food. Only water, milk or pure fruit juice should be included in the lunchbox.



# Healthier Pack Lunches for Children

A brief guidance for parents and carers



Healthy children  
A well balanced,  
essential for  
development,  
defence against

are happy children.  
healthy diet is  
healthy  
growth strong  
illness and diseases.

Give your child a healthy lunchbox so that they have the energy they need to learn, play and enjoy school to the full.

## A HEALTHY LUNCHBOX

Healthy children are happy children. They enjoy life and have a good immune system that helps them fight disease. Parents can help children develop good eating habits as well as bad ones.



A healthy lunchbox contains a mix of foods from the five food groups of the 'eatwell plate' so that children grow up as healthy individuals. The five food groups are described below:

### 1. Fruit and vegetables

Fruits and vegetables are full of vitamins, minerals and fibre necessary for the body to function properly. They help children's immune system to be strong. They include: apple, pears, banana, tomato and sweet corn.



There are no restrictions - children need to eat plenty of fruit and vegetables. The healthy lunchbox should contain at least one portion.

### STARCHY FOODS

Starchy foods generally act as the 'fuel' for our body and provide the energy that we need. They include rice, bread, potato and pasta.



Your child's lunchbox needs to have plenty of starchy foods. Include bread, rice, pasta - choose wholegrain varieties when you can.

### MEAT, FISH, EGGS & BEANS

These foods are the main sources for protein. From hair to fingernails, protein is a major functional and structural component of human cells and is needed for growth and repair.

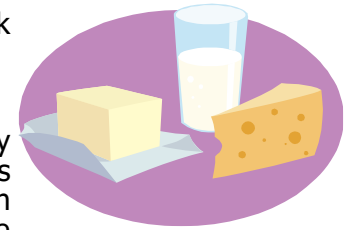


Your child's lunchbox should have some meat, fish, beans and other non-dairy sources of protein.

### MILK & DAIRY FOODS

These contain beneficial nutrients including proteins, vitamins and minerals. One of the minerals is calcium which helps build strong bones and teeth, regulates muscle contraction (including the heartbeat) and makes sure the blood is clotting normally.

Your child's lunchbox should have some milk and dairy foods e.g. yogurt, cheese or milk.



### SUGAR & FAT

These foods, although an important energy source, often contain few other nutrients, so it's healthier to limit their consumption. Foods high in sugar, fat and salt can cause excessive weight and may lead to heart disease, cancer and high blood pressure.

Your child should have just a small amount of foods and drinks from this category. A healthy lunchbox should avoid these foods.



☒ Please do not include biscuits, cakes, chocolate, sweets, salted savoury, cereal bars, sweetened or fizzy drinks in your child lunchbox and only give them as treats at home.

☒ Please do not include butter, jam or chocolate spread filling for sandwiches.

☒ Sugary or fizzy drinks do not go with a healthy lunchbox.

☒ Energy drinks are not allowed.

Try to choose options that are lower in fat, salt and sugar when you can.

## THINGS NOT TO INCLUDE IN A HEALTHY LUNCHBOX

