



Dunmore Primary School

Healthier Packed Lunches for Children

What you need to know

Eating well is important. Children need to eat well to give them energy and nutrients to grow and develop, as well as stay healthy and active.

A healthy, enjoyable lunch gives children the energy they need to learn and play at school.



This leaflet provides information on how to pack a healthier lunch. Please support the school's food policy by following these guidelines.

What is a healthy packed lunch?

A healthy packed lunch is a balanced meal providing a variety of nutrients which can be found in four food groups:

Starchy Foods

Base each meal on a starchy food, such as bread, potato, rice, pasta, yam. Starchy foods give energy, fibre, vitamins and minerals.

Bread, try different types, such as pitta bread, wraps or bread rolls.

Also try other starchy foods such as pasta or rice. Whole grain varieties are best for fibre, which is vital for a healthy digestive system.



Meat and Alternatives

Add some protein, for example meat, fish, eggs, beans or pulses. Protein foods build muscles and provide minerals.



Lean meat such as chicken, turkey or ham.egg, boiled or used in quiche or omelette. Meat alternatives such as tofu or tempeh.

Dishes containing pulses, beans or meat, for example dahl, stew or bean salad.

Milk and Dairy Foods

Include a dairy product or dairy alternative such as fromage frais or tzatziki. These foods provide calcium necessary for strong bones and teeth, as well as providing protein and vitamins.









Use butter, margarine, mayonnaise or salad dressing sparingly because these can be high in fat – try to use lower fat alternatives.

Fruit and Vegetables

Don't forget to include fruit and vegetables. You can use fresh, frozen, tinned or dried. Fruit and vegetables are full of vitamins, minerals and fibre necessary for the body to function properly and to keep you strong and healthy.



-  Add tomato, lettuce or beetroot to a sandwich.
-  A vegetable dish such as salad or roasted vegetables.
-  Fresh fruit such as apple, banana or pear.
-  Dried fruit such as raisins, apricots or figs.
-  Fruit salad (fresh or tinned in juice) or vegetable salad.
-  Finger foods such as cherry tomatoes, cucumber sticks or celery, which are good with a dip, such as hummus or guacamole.

Use fresh fruit and vegetables, which are in season to help the environment and enjoy variety! Aim to include at least one portion of fruit and one portion of vegetable or salad.

PLEASE NOTE: The school does not allow nuts in packed lunches

Practical Tips for a Healthy Lunchbox



Try to vary the contents of the lunchbox daily, that way you can ensure your child is getting the variety of nutrients their body needs to function and grow.



Try to involve your child in preparing their lunchbox. They are more likely to enjoy food they have made themselves.



If your child refuses to eat brown bread, try a lighter variety or make sandwiches using a slice of white and a slice of wholemeal bread.



For variety, use pitta strips, crackers, bread sticks, or fruit and vegetable finger foods with a dip.



Make a fruit smoothie by blending juice and fruit together, or a yoghurt or milk drink by mixing yoghurt or semi-skimmed milk with pureed fruit.



You can use leftovers, for example, rice and curry, vegetable pizza or pasta and sauce.

For more information and advice go to:

www.eatwell.gov.uk/

www.schoolfoodtrust.org.uk/packedlunches/