



# Healthy Packed Lunches Wallace Fields Infant School and Nursery



We recommend that a healthy packed lunch should include the following:

## At least one portion of fruit and / or vegetables

Fresh, frozen, canned or dried, these can all count towards your 5-A-DAY

**Vegetables:** carrot, cucumber, pepper or celery sticks, tomatoes, grated carrot in sandwiches or wraps, sweetcorn, peas or pulses in salad.

**Fruits:** sliced apple or melon, plums, grapes, strawberries, kiwi, satsumas, chunks of pineapple or dried fruit

## A portion of milk or dairy foods

Yoghurt or fromage frais, cheese in sandwiches or wraps, whole milk or semi-skimmed (for children aged two and over)

## A portion of meat, fish Eggs, beans or other non-dairy sources of protein

Sliced meat, chicken, fish, sliced egg in sandwiches, rolls or wraps, meat alternatives such as tofu or pulses like kidney beans and chickpeas in salads.

## A portion of starchy food

White or wholegrain bread, rolls, pitta bread or wraps, plain naan bread, bagels, cooked pasta, rice, noodles, couscous or potato as a salad



Please note that the following items are **NOT** allowed: any food products that contain nuts, peanuts, sesame, fizzy drinks, chocolate, crisps, cakes or sweets. If these items are in your child's packed lunch then they will be asked to take them home. A small biscuit however is acceptable.

# Practical tips for healthy, safe and tasty packed lunches

## *Communicate with your setting about your child's packed lunch*

- Inform your setting of food allergies or intolerances

## *Choosing foods*

- Vary lunchbox contents for a good balance of nutrients
- Seasonal fruits and vegetables add colour, texture and are often cheaper and tastier
- Read food labels. Look out for the colour coded nutrition information on the front of packets.  
Remember the more green(s) on the label, the healthier the choice

## *Preparing the packed lunch*

- Include your child in shopping, choosing and preparing what goes in their lunchbox, giving them choices within the food groups
- Wash fruit and vegetables, and remove any stones
- Keep it fresh. Rinsing slices of apple in dilute lemon juice, for example, will stop the slices from turning brown.
- Think sustainably. Use containers and cutler that can be washed and used again
- Label your child's packed lunch with their names



*Please note: This is advice / suggestions from both Children's Food Trust & Wallace Fields Infant School & Nursery*

## Example packed lunch menu

Provide a variety of foods from each of the food groups listed on the front page across each week. A week's packed lunch menu might look like this:



### *Monday*

- ✓ Tuna and sweetcorn pasta salad with red pepper sticks  
Apple slices and plain yoghurt  
Water to drink

### *Tuesday*

- ✓ Chicken and potato with salad  
Ginger biscuits with satsumas  
Water to drink

### *Wednesday*

- ✓ Cheese salad wrap  
Banana and raisins  
Water to drink

### *Thursday*

- ✓ Egg salad sandwich  
Seasonal fruit salad with fromage frais  
Water to drink

### *Friday*

- ✓ Chickpea vegetable couscous salad  
Blueberry muffin  
Water to drink

*For more ideas on healthy packed lunches visit the Let's Get Cooking at Home website:*

[www.letsgetcookingathome.org.uk/get-cooking/perfect-packed-lunches](http://www.letsgetcookingathome.org.uk/get-cooking/perfect-packed-lunches)