



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 and dried fruits & vegetables all count towards your 5-a-day.

Vegetables: carrot, cucumber, peppers, celery, tomatoes, grated carrot in sandwiches/wraps, sweetcorn, peas/pulses in salad.

Fruits: apple, melon, plums, grapes, strawberries, kiwi, easy peelers, pineapple chunks, dried fruit.

A portion of dairy foods/dairy alternative

Yogurt, fromage frais, cheese (in sandwiches/wraps), semi-skimmed milk (recommended for children over two years).

A portion of protein

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

NUT FREE ZONE



A portion of starchy food

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

Please note that the following items are NOT allowed:



Nuts or food products containing tree nuts
Peanuts or food products containing peanuts

Fizzy drinks
Chocolate
Crisps
Cakes
Sweets



If these items are in your child's packed lunch, they will be asked to take them home.

A small biscuit is acceptable.

Practical tips for healthy, safe and tasty packed lunches



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 reasonable choices within the different food groups.
- Wash fruit and vegetables before preparing.
- For children **aged 5 years or younger**, ensure you are preparing foods in accordance with the [Food Standards Agency Early Years Food Choking Hazards](#).
- Keep it fresh. Rinsing slices of apple in diluted lemon juice, for example, will stop the slices from turning brown.
- Think sustainability. Use containers and cutlery that can be washed and used again.
- Label your child's packed lunch box/bag and any smaller containers with their full name.

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

- ✓ Cheesy coleslaw with wholemeal pitta
- ✓ 5 cherry tomatoes
- ✓ Low fat Greek style yogurt
- ✓ Small box of raisins
- ✓ Water to drink

Tuesday

- ✓ Salmon and salad bagel
- ✓ Handful of grapes (about 12)
- ✓ 1 plain rice cake
- ✓ Water to drink

Wednesday

- ✓ Hummus and salad wrap
- ✓ 5 cherry tomatoes
- ✓ Frozen mixed berries with low-fat Greek style yogurt
- ✓ Water to drink

Thursday

- ✓ Egg mayonnaise and lettuce bap
- ✓ Cucumber sticks
- ✓ Fruit snack pot (tinned fruit in juice)
- ✓ Water to drink

Friday

- ✓ Tuna and bean salad
- ✓ Easy peeler
- ✓ Slice of malt loaf
- ✓ Water to drink



For more ideas on healthy packed lunches, visit the [Healthier Families website](#).