

DRINKS

Key tips:

- Water and milk are the best options as these do not harm teeth - include a water bottle with your child's lunch box and refill daily
- Choose yoghurt and milk drinks with less than 5% added sugar
- Fruit juices (including pure juices) contain sugars and are best drunk with a straw
- Encourage your child to aim for 6-8 glasses of fluid daily

Good hydration throughout the day will help to improve your child's learning



BASIC FOOD HYGIENE

And finally, don't forget your good food hygiene i.e. -

Wash: -

- your hands well before handling food
- your child's lunch box & water bottle thoroughly each day
- fruit & vegetables before preparing or eating them

Keep: -

- your child's packed lunch & water bottle refrigerated, if being prepared the night before
- sandwiches fresh by wrapping them in tin foil or cling film
- food cool by using an ice pack or frozen drink / yoghurt and storing in a cool place away from sunlight

A healthy balanced lunch should be part of a healthy lifestyle including regular physical activity - these guidelines apply to all the family

OTHER POINTS TO REMEMBER

- When choosing a lunchbox, buy one that your child can easily open
- Encourage your child to get involved in buying and preparing foods to put in their lunch box
- Try making your own (scones, pizzas, salads etc)
- Buy fruit & vegetables from markets and own brand food to cut down on costs
- Stock up on a variety of breads in your freezer
- Disguise fruit and vegetables (i.e. by blending or chopping them finely) if your child is a fussy eater
- Reward your child with non-food items (i.e. an outing, a treat, a gold star) for trying new foods

A HEALTHY LUNCH BOX MATTERS

A parents' and carers' guide to the importance of providing your child with a healthy balanced packed lunch.



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FRUIT & VEGETABLES

Key tips:

- Include at least 2 portions in your child's lunch box - a portion is roughly the amount that fits into the palm of your child's hand
- Encourage your child to eat lots of different types of fruits and vegetables every day - aim for at least five a day
- Use fresh, frozen, 100% juice, tinned & dried fruit and vegetables in your child's pack lunch and add salad to sandwiches

These foods are needed for body growth, repair and protection against certain illnesses



MEAT, FISH, & ALTERNATIVES

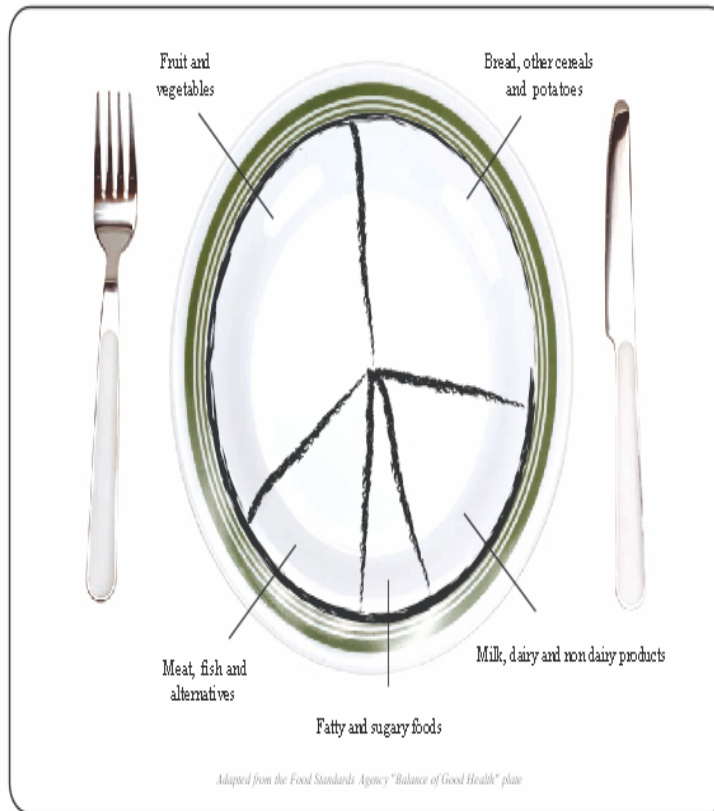
Key tips:

- Include one portion
- Choose lean sandwich fillings - heavily processed foods may be high in fat and salt
- Tinned oily fish (i.e. salmon, pilchards and sardines but not tuna) contain omega 3 fats which helps to improve concentration
- Beans, peas and lentils are excellent alternatives to meat and fish

These foods are essential for body growth, repair and development

A HEALTHY LUNCH BOX

Food can be divided into five main food groups. The 'plate model' below shows the types and proportions of different foods that should be included in your child's packed lunch to make sure it is balanced and



FATTY & SUGARY FOODS

Key tips:

- Make sweet treats, such as chocolate and crisps, occasion rather than everyday items
- Replace cakes and chocolates with fruit scones, malt loaf, flapjacks and teacakes

Eating lots fatty and sugary foods (and drinks) can lead to tooth decay and childhood obesity



BREAD, OTHER CEREALS & POTATOES

Key tips:

- Include at least one starchy food
- Include whole grain/brown versions wherever possible - these contain lots of fibre important for a healthy gut
- When making sandwiches use thick sliced bread
- If your child has a big appetite - give them extra foods from this group

These foods are filling and provide lots of energy



MILK, DAIRY & NON DAIRY PRODUCTS

Key tips:

- Include one portion
- A portion is roughly a small pot of yoghurt or fromage frais, or a small match-box size chunk of cheese
- If your child is growing well, aim to select reduced fat versions - these contain the same amount of calcium as full fat equivalents

Calcium is important for healthy teeth and bones

When deciding what to put in your child's lunch box, it's a good idea to focus on variety.

Not only does a wide selection of different foods make lunch time more interesting, but it also means that your child enjoys a balanced lunch that helps to provide the energy and nutrients they need to grow, play, learn and stay healthy.

PICK AND MIX IDEAS

Pick one item from each of the boxes below for a balanced lunch.

FRUIT

- Fresh fruit
- Fruit salad
- A small packet of dried fruit i.e. raisins, apricots (beware of sugar content)
- Tinned fruit - in own juice



VEGETABLES

- Mixed green salad
- Grated carrot
- Sweet corn
- Mixed beans
- Sticks of carrot, celery, cucumber
- Cherry tomatoes
- Sliced peppers, tomatoes, cucumber



BREAD, OTHER CEREALS & POTATOES

- Sliced bread, pitta bread
- Bread roll
- Chapattis, tortilla wraps, naan bread
- Muffins, scones, oat cakes, rice cakes, bread sticks, crisp breads
- Couscous, yam, potato, pasta



MEAT, FISH & ALTERNATIVES

- Chicken, turkey, ham, beef
- Tinned fish - i.e. tuna, salmon, sardines
- Egg
- Hummus, tofu, peanut butter (if permitted - contains nuts)
- Legumes



MILK, DAIRY & NON DAIRY PRODUCTS

- Cheese sliced, grated
- Cottage cheese
- Yoghurt
- Fromage frais
- Milk drinks and puddings



- EXAMPLE 1**
- Cottage cheese & ham salad sandwich on brown bread
 - A banana
 - A fruit scone
 - A low-fat milk shake

- EXAMPLE 2**
- Hummus and grated carrot in pitta bread
 - A fruit salad with yoghurt
 - Bottle of water

- EXAMPLE 3**
- Pasta with tuna and mixed beans in reduced-fat mayonnaise
 - Cherry tomatoes and cheese chunks
 - A carton of fruit juice