



# A quick guide to **Healthy lunches**

## **Eating well is important**

Children need to eat well as it will give them energy and nutrients to grow and develop.



## What is a healthy packed lunch?

Try to vary the contents of the lunchbox daily. That way you can ensure your child is getting the variety of nutrients their bodies need to function and grow.

Packed lunches should include all four food groups:

### Starchy foods

- Bread - try different types, such as pitta bread, wraps, chapattis or bread rolls. Keep sandwiches fun and interesting.
- Pasta, rice, couscous and potato

### Meat and Alternatives

- Add some protein, for example, meat, fish, beans or pulses.
- Cheese such as cottage cheese, Edam or soft cheese
- Meat alternatives such as tofu or tempeh
- Butter, margarine or salad dresses can be high in fat
- We DO NOT allow NUTS or EGGS in school

### Milk and Dairy food

- Include a dairy product or dairy alternatives, such as yoghurts or Tzatziki

### Fruit and Vegetables

- Don't forget to include fruit and vegetables.
- Add a tomato, lettuce or beetroot to a sandwich
- Fresh fruit such as apples, bananas or pear
- Dried fruit such as raisins, apricots or figs
- Finger foods such as cucumber sticks, carrot batons or celery go great with a dip, such as houmous or guacamole
- At least one portion of fruit and vegetables with each packed lunch





## Drinks

- Drinks, especially water help children to concentrate and feel well. Water is freely available in school.
- Only milk or water should be included in the lunchbox

## Lunchbox tips & swaps

- Chop fruit and vegetable into sticks to make them fun to eat
- Have a change from sandwiches by using rice and pasta
- Get older children to help make their own packed lunch
- Don't forget to wash fruit and vegetables
- Try bags of grapes, melon chunks and strawberries to provide sweetness without added sugar
- Choose teacakes, fruit loaf, scones or plain biscuits as an alternative to cakes and chocolate
- Swap crisps for plain popcorn or rice cakes
- Replace salted savoury snacks with rice cakes or breadsticks
- To keep food fresh make sure it is stored properly. Lunches packed the night before need to be stored in the fridge. To keep lunch fresh during the day, use a cool bag and put in a frozen drink or reusable ice pack.

Snack foods may be included occasionally but aim to make healthier choices, snack food tends to be high in fat, sugar and salt.

Please remember these items should not to be included in a packed lunch;

- Fizzy drinks, juice, flavoured water or drinks high in sugar.
- Confectionery such as chocolate bars and sweets, chocolate spread sandwiches, peanut butter or nuts. Foods that are high in sugar are discouraged. (Cakes and biscuits are allowed but should only be included once a week).

**We DO NOT allow NUTS or EGGS in school due to allergies**



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