

*St Thomas More Catholic Primary School.*

### *Healthy Lunch Boxes*

We believe eating well is important for children's health and development.  
A healthy, enjoyable lunch gives children the energy they need to learn, play and do well at school.

### **We are actively discouraging children bringing**

- Crisps and other savoury snacks
- Chocolate bars/sweets
- Cakes, biscuits and cookies

### **For the health and safety of our children we do not allow the following in our school**

- Glass bottles, ring pull cans
- Flasks (with hot or cold contents)
- Swapping food (due to food allergies)
- Fizzy drinks

### **Some practical tips**

- If you make up a lunch box the night before store it in the fridge
- Vary the sort of bread you use - cut wholemeal pitta bread into strips to have with a dip
- Cold cooked pasta can easily be turned into a pasta salad. Remember to store in the fridge!
- Put some salad in a small bag or tub
- Add an ice pack to keep the food cool
- Encourage your child to help prepare their lunch - children are more likely to eat something they have helped with
- Include a small carton of fruit juice or milk

For more ideas:

<http://www.eatwell.gov.uk/agesandstages/children/lunchboxsect/>



# What shall I put in my child's lunch box? A good variety of foods that fit into different food groups will help your child to eat a balanced lunch providing the energy they need to enjoy school

## Carbohydrate foods

Foods like bread, pasta, rice or couscous. A sandwich or some cooked rice would be good choices from this food group. Foods in this group are versatile and healthy

## Fruit and vegetables

It is important we all eat lots of variety from this group at least 5 portions a day. Aim to include two portions; a child's portion might be the amount of food that would fit into your child's hand

## Meat, fish or alternatives

Cold meat, tinned fish, boiled egg or hummus are good options to put in sandwiches or have with pasta

## Dairy products

Dairy foods are particularly important for growing children as they are a good source of calcium, needed for bone development and teeth. Good sources of calcium are milk, cheese and yoghurt

## Fatty and sugary foods or drinks

Try and avoid including items from this group - a small amount will be hidden in foods for example the margarine, mayonnaise on a sandwich or added sugar in a fruit yoghurt.

## Lunch box ideas

- Ham sandwich, small bag of salad (tomatoes, cucumber, spring onion and salad leaves) fruit yoghurt and a banana
- Cold cooked pasta mixed with tinned tuna, sweetcorn, grated carrot and baby spinach. An apple and a cheese slice
- Cold couscous and chicken pieces (include some cooked vegetables or salad) small box of raisins and a fruit yoghurt
- Cooked meat and chapattis with a yoghurt dip, onion and cucumber rathia. Slice of melon
- Cheese and pickle sandwich, cherry tomatoes and small tub of tinned pineapple chunks
- Potted meat sandwich, small tub of salad (tomatoes, cucumber, spring onion and salad leaves) small carton of milk and a pear
- A cold slice of pizza, carrot, celery and cucumber cut into sticks with a hummus dip. Dried apricots and a yoghurt

For more ideas:

<http://www.schoolfoodtrust.org.uk/schools/projects/packed-lunches/packed-lunch-ideas>