



Our Healthy Lunch message highlights to children the importance of choosing a healthy, well balanced school lunch; whether that's a hot school meal or a packed lunch brought in from home.

Roxeth Primary School

As parents or carers you play an important role in setting an example and teaching your children from a young age about choosing healthy food and drink. This will help them to have a nutritious diet that meets their growing needs and it can help make sure that they continue to eat healthily and stay a healthy weight as they get older.

Packed lunches

To help you to find healthier options at the supermarket, look at nutrition labels on the front of packs and pick those which have amber or green traffic lights for fat, saturated fat, sugars and salt where possible.

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

Planning the lunchbox

Children need to eat the right amount of food for their age. Young children will need quite small portions of food and older children who are very active may need much larger amounts.

Remember we are a **nut free, no sweets and chocolates in any form.**

Please also make the office aware of any allergies that your child might have.

For further information please visit:

<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

<https://www.foodafactoflife.org.uk/whole-school/whole-school-approach/healthy-lunchboxes/>



Love your packed lunch!



Create a healthier packed lunch by choosing foods from the 5 main food groups below:

1 Starchy Carbohydrates

to re-fuel your body

Base your lunchbox on starchy carbohydrates.

Choose ONE EVERYDAY from:

- ✓ Bread, rolls, bagels, wraps, pitta or baguettes
- ✓ Pasta
- ✓ Couscous
- ✓ Noodles
- ✓ Potatoes



Choose wholegrain

Nut free bread and wraps



Get kids involved in the choosing/making

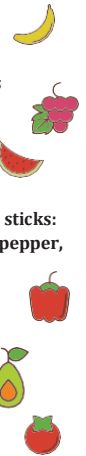
2 Fruit and Vegetables

to keep you healthy

Pack one portion of fruit and one portion of veg every day

Choose TWO EVERYDAY from:

- ✓ Apple, banana, pear, orange, plums
- ✓ Small pot of mixed berries or grapes
- ✓ Prepared melon or mango
- ✓ Chopped vegetable sticks: carrots, cucumber, pepper, celery, mange tout, mini corn
- ✓ Salad vegetables
- ✓ Vegetable Soup



Add salad to your sandwiches



Use a thermos for delicious soups

3 Dairy and Alternatives

for healthy teeth and bones

Don't forget the dairy!

Choose ONE EVERYDAY from:

- ✓ Milk
- ✓ Cheese - hard cheese, soft cheese, cheese spread
- ✓ Yoghurt (plain)
- Fromage Frais
- ✓ Custard



dairy

Reduce sugar: choose plain

4 Protein Foods

for growth and repair

Pack a protein punch!

Choose ONE EVERYDAY from:

- ✓ Meat
- ✓ Fish
- ✓ Eggs
- ✓ Non-dairy protein e.g. lentils, chick peas, beans



Keep processed meat to a minimum

Choose oily fish like salmon once every 3 weeks



have fruit

5 Drinks

to rehydrate your body

A bottle of water



No smoothies or milkshakes

No juices

✓ We are a Water only school.



Treats only last Friday of every month.

Occasionally!

Meat products such as sausage rolls, pies, sausages

Plain cakes occasionally

Plain cakes/sponges and biscuits of appropriate portion sizes

