



Give your child a Healthy Lunch box

Information about Lunch

Lunch is an important meal for everyone, particularly school-aged children. Getting ideas and inspiration for what to include in your child's lunchbox can be a difficult task. The most important thing to remember is that food should be enjoyable. Foods should not be classified as either good or bad. In fact any food, can be included in a healthy diet as long as the overall balance of nutrients in the diet is right. The 'Healthy Lunchbox Checklist' helps to explain what this means in terms of getting a good balanced meal in a lunchbox.



All foods provide energy and nutrients and it is achieving the correct intake of those nutrients that is important for health. Variety is the key to a healthy diet, so try not to offer the same food on consecutive days. By including a broad range of different foods, a much wider variety of

nutrients will be eaten. Healthy eating is simply about getting a better balance and eating a wide variety of foods.

*For more information about the recommended diets for children and ideas for a healthy lunchbox visit the [Change 4 Life](http://www.change4life.co.uk) website.



- It is recommended that we eat at least 5 portions a day of fruit and vegetables. In the UK, the average intake for school children is 2 portions a day. Children eat more fruit than vegetables, consumption of both could be improved so get creative and try adding more vegetables to your child's lunchbox.

What counts as a child's portion?

As a rough guide it is the amount of fruit or vegetable that comfortably fits in their hand. For example, some favourites include:

- a clementine
- a small banana or apple
- a handful of cherry tomatoes
- a slice of melon
- a mini can of fruit chunks (in natural juice)
- chunks, slices or sticks of carrot or cucumber
- slices of red or yellow peppers
- a handful of berries



Healthy Lunchbox Checklist

Have you included..?

- ✓ A good portion of starchy food, e.g. wholemeal bread, pitta bread, pasta or rice salad.
- ✓ Plenty of fruit and vegetables.
- ✓ A portion of milk or dairy food, e.g. a cheese portion or pot of yoghurt.
- ✓ A portion of protein e.g. lean meat, fish, chicken, egg or bean salad.
- ✓ A drink, e.g. milk or water.

Most importantly your child should
enjoy their lunch!

A Few Rules; Thank You

- Please don't include any nuts
- No sweets (a small biscuit bar such as a club or kit kat is acceptable)
- No fruit squash or fizzy drinks (these are not suitable for children)
- Grapes must be cut in half lengthways
- Please provide a spoon if needed
- Please label your child's lunch box with their name, clearly visible on the **OUTSIDE** of the box.

