

Healthy Lunchboxes

Healthy Schools

Suggested ideas for Healthy Lunchboxes

The suggested combination of foods for lunchboxes has been based on the Balance of Good Health.

The Balance of Good Health represents the five different food groups and the proportion of foods from each group that makes up a healthy diet.

The two largest food groups are the fruit and vegetables and the bread, cereal and potatoes groups. Fruit and vegetables can be represented by carrot sticks, pieces of fresh fruit. The bread, other cereals and potatoes group can be represented mainly by breads and rolls, such as bagels, wraps and pasta. Each lunchbox should have a food from the protein group such as meat, fish and alternatives group such as turkey, ham, hummus or egg, and also a food from the milk and dairy food group which includes yoghurt, fromage frais or cheese.

The Balance of Good Health guidelines allow a small amount of room in the diet for foods higher in fat or sugar, represented by crisps, biscuits and chocolate.

Please do not provide a lunchbox that contains only crisps, biscuits and chocolate.

It should be remembered that there are no good and bad foods; it is the overall balance of foods eaten in the diets that is important for good health, so please include a mix in your child's lunchbox.

For example - a sandwich/roll/wrap/bagel/pitta containing, for example, egg, ham, turkey, chicken, cheese, fish. Apples, bananas, kiwi fruit, strawberries, satsumas, grapes, raisins, carrots, celery sticks, scone, fruit muffin, scotch pancake, rice cakes, currant bun, apple cake, carrot cake, gingerbread, fruit cake, fruit yoghurt, oat cakes, cookies, flapjacks, dried fruits, bread sticks, low fat cheese, water melon, cherry tomatoes.

Please consider how easy the food is for your child to eat e.g. chopped up fruit is much easier to manage than a whole piece. Bite size sandwiches/wraps/bagels are easier for little hands and mouths.

Please consider that yoghurts left in lunchboxes will not be cool and fresh at lunchtime and we do not have the facility to refrigerate lunchboxes so you might like to include an ice pack specifically made for lunch boxes.

Please do not include drinks (including yoghurt drinks and smoothie drinks) of any kind in lunchboxes. Children are able to have a drink of water at lunchtime.