

Healthier lunchboxes

Base all your lunch options on the plate below

Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving (150g) contains

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

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

Choose foods lower in fat, salt and sugars

Eat at least 5 portions of a variety of fruit and vegetables every day



Eat less often and in small amounts

Choose wholegrain or higher fibre versions with less added fat, salt and sugar



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Choose lower fat and lower sugar options



Choose unsaturated oils and use in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Guidance for Schools **healthier lunches for children**

Packed Lunch Policy For School Trips



Government packed lunch advice

The UK government produced packed lunch guidance to support the implementation of new school food standards for school lunches and ensure that all children benefit from eating quality food during the school day.

The guidelines are:

One portion of fruit and one portion of vegetable or salad every day to be included in packed lunches

Meat, fish or another source of non-dairy protein should be included every day. Non dairy sources of protein include lentils, kidney beans, chickpeas, hummus, peanut butter and falafel

An oily fish, such as salmon, should be included at least once every three weeks

A starchy food, such as bread or pasta, rice, couscous, noodles, potatoes or other cereals, should be included every day

A dairy food, such as semi-skimmed or skimmed milk, cheese, yoghurt, fromage frais or custard should be included every day

Free, fresh drinking water should be available at all times

Include only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies

Snacks such as crisps should not be included. Instead, include nuts, seeds, vegetables and fruit (with no added salt, sugar or fat).

Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice

Confectionery such as chocolate bars, chocolate-coated biscuits and sweets should not be included. Cakes and biscuits are allowed but these should be part of a balanced meal

Meat products such as sausage rolls, individual pies corned meat and sausages / chipolatas should be included only occasionally

<http://www.healthylunch.org.uk/government/>

healthier lunches for children

Packed Lunch Policy For School Trips



Guidance for Schools

Below are examples of packed lunch options; you must follow the guidance on the previous page

Protein	carb	Veg	Fruit	drink	Cake/ biscuit	snack
Cheese Sandwich/ Wrap/bun		tomatoes	banana	Water	Biscuit	Pom Bears
Meat Sandwich/ Wrap /Bun		Cucumber stick	Apple or orange	Water	Cake	Yogurt
Tuna Sandwich/ Wrap/ Bun		Carrot sticks	Sultanas	Water	no	Mini scotch egg or sausage roll
Cheese portion	Crackers	Tomatoes	Grapes	Water	Cake	NA
Special or themed events						Crisps

Guidance For Parents healthier lunches for children

Healthier lunchboxes

change 4 life

What's in a healthy packed lunch?



Tuna and bean salad



481

lunchbox



Creamy hummus dip with
pitta bread and vegetable
sticks



506

lunchbox



Spicy chicken and salad
wrap



606

lunchbox



Soft cheese and salad
sandwich



270

lunchbox

See More at;

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes#tHpeckKH0cfApbKJw.97>