

Lunch boxes

Bringing food from home

It is important that the same promotion of healthy eating applies to all children, whether their meals are provided at the SACC or from home. It is important to work in partnership with parents to promote healthy packed lunches.

It will be useful to give parents written guidance as to what a healthy lunch box should comprise of.

Guideline for nutritious packed lunch:

A lunch box should ideally comprise of:

1-2 portions of fruit and vegetables

- Use salad vegetables in sandwiches or in a rice or pasta salad
- Include snack vegetables like cherry tomatoes or carrot sticks, cucumber slices
- Include pieces of fruit, a fruit salad, dried fruit, or a fruit juice. Canned fruit, in natural juice
- Make use of easy to eat fruit such as satsumas, tangerines, clementines (peeled and wrapped), small bananas, seedless grapes (for smaller children, cut the grapes in half to reduce the risk of choking)
- Canned fruit can be transferred to a pot

2-3 portions of bread (1 slice=1portion), other cereals and potatoes

- Choose a variety of breads – sliced breads, bread rolls, pitta bread, chapatti, naan, bagels, baps, baguettes, crisp breads, tortilla wraps
- Choose a variety of breads including whole grain or granary varieties for extra variety
- Pizza slices, pasta/rice/cous cous salads, samosas, quiche slices and bread sticks – these are alternative to sandwiches

1 portion of meat, fish and alternatives

- These can be added to sandwiches or salads e.g. tuna and pasta salad with light mayonnaise and sweetcorn, egg and cress sandwich, chicken in a tortilla wrap, dahl and chappati, vegetable and chickpea soup with a roll, fallafels

1 portion of milk and dairy foods

- Yoghurts, fromage frais, milk puddings or milk smoothies, cheese cubes or creamed cheese
- The portion of dairy could either make up part of the main lunchbox items or could be the dessert

Drinks

- Water or milk are the only drinks allowed
- Water and milk are the best drinks! Tap water is just as good as bottled water. Milk and water will be provided at SACC.

Dessert ideas

There are many interesting and appealing alternatives to fatty and sugary foods. For example mini bread sticks or crackers instead of crisps, or plain popcorn, oat cakes

Less sugary ideas:

- fresh fruit,
- fromage fraise and yoghurt make a good dip for slices of fresh fruit
- home made smoothie
- natural yoghurt with fresh or stewed fruit
- scones (plain or with dried fruit)
- a small slice of fruit based cake e.g. carrot cake/gingerbread/banana loaf/date loaf/fruit loaf – or the same but in the form of a muffin