

# Balancing the Packed Lunch

A healthy packed lunch for schoolchildren should contain a good variety of foods. A balanced diet will promote good health and also help to improve children's concentration and potential at school.

A food from each of the following food groups should be included:

- » Starchy food – Bread, Rice, Pasta, Potatoes
- » Fruit and Vegetables
- » Milk and Dairy Foods
- » Protein food e.g. Meat, Fish, Eggs, Nuts
- » Fluid

## Treats

Biscuits, Crisps, and Chocolate tend to be children's favourites but they do not contain essential nutrients and often can be the reason for children becoming overweight. Try to limit the number of days that they are given in the packed lunch and make use of funsize options.

## Drinks

Children need 6-8 glasses of fluid a day for good health. Aim for a 200-250ml serving in each packed lunch. Try to limit the amount of fizzy and sugary drinks you give, as they can cause tooth decay. Milk, Milk-Shake, plain Water and Pure Fruit Juices are the better options.

## Exciting, Healthy Sandwiches!

Sandwiches do not need to be boring! A variety of Breads can be used such as Pitta Breads, Ciabatta bread rolls, Softgrain Bread or Bagels. Below are some examples of healthy fillings:

- » Chopped Chicken with Sweetcorn in Reduced-Calorie Mayonnaise
- » Tuna and Sweetcorn with Low-Fat Salad Cream/Mayonnaise
- » Hard-Boiled Egg with Low-Fat Mayonnaise and Cress
- » Grilled Lean Bacon with Lettuce and Tomato
- » Wafer Thin Ham with Reduced-Fat Coleslaw
- » Low-Fat Cheese Spread and Marmite
- » Peanut Butter and a High Fruit Jam
- » Canned Salmon and Cucumber
- » Edam Cheese with Tomato
- » Hummus with Cucumber



# Ideas for the Week's Lunchbox

## Monday

Slice of Tortilla de Patata  
1 pot Fromage Frais  
Two easy peel Tangerines  
Carton of Pure Apple Juice

## Tuesday

Wholemeal Sandwich with Lean Ham  
A few Cherry Tomatoes  
Kiwi fruit (with spoon to scoop out flesh)  
1 packet Corn Snacks or Low-Fat Crisps  
Semi-Skimmed Milk-Shake

## Wednesday

Tub of Rice or Pasta Salad e.g.  
(Tuna Fish, Rice or Pasta, Sweetcorn,  
Chopped Tomatoes, Low-Fat Mayonnaise)  
Small matchbox-sized Sultanas or  
Dried Apricots  
Chocolate Digestive Biscuit/Flapjack  
Yoghurt drink

## Thursday

1-2 Roast Chicken Drumsticks or  
Breaded Chicken Breast  
Vegetable Sticks e.g Carrot, Red Pepper  
Crusty Bread Roll  
Pot of Low-Fat Yoghurt  
Banana  
Carton of Sugar-Free Diluting Juice

## Friday

Crackers with Cheese Triangles or  
Bread Sticks with Cheese Dip  
Small Packet of Nuts and Raisins  
Fun-sized Chocolate Bar  
Apple  
Carton of Pure Orange Juice

