

Healthy Packed Lunches: A Guide for Parents

Fueling Young Minds for Learning and Play



A nutritious lunch keeps children energised, focused, and ready to learn. This guide provides practical ideas to help you pack balanced and appealing lunches for your child.

What to Include in a Healthy Packed Lunch

1. Starchy Foods (*for energy*)

- Wholegrain bread, wraps, pitta, bagels
- Pasta, rice, couscous, or potato salads

2. Protein Sources (*for growth and development*)

- Boiled eggs
- Lean meats (e.g., chicken, turkey)
- Tuna or salmon
- Hummus, beans, lentils, or chickpeas

3. Fruits and Vegetables (*for vitamins and minerals*)

- Fresh fruits: apple slices, banana, grapes (halved), berries
- Vegetables: carrot sticks, cucumber slices, cherry tomatoes (halved), pepper strips

4. Dairy (*for calcium and bone health*)

- Low-fat yogurt
- Cheese slices or cubes

5. Drinks

- Water



Foods to Avoid in Packed Lunches

To promote health and adhere to school guidelines, please avoid including:

- Confectionery: Chocolate bars, sweets
- Sugary Drinks: Fizzy drinks, energy drinks, sweetened juices
- Processed Snacks: Crisps, sausage rolls, pies, chicken nuggets
- High-Sugar Baked Goods: Cakes, pastries, chocolate-coated biscuits
- No nuts, please – we are a nut-free school.



💡 Tips for Packing a Great Lunch 💡

- Variety is Key: Rotate different foods to keep lunches interesting.
- Child Involvement: Let your child help choose and prepare their lunch.
- Safe Packaging: Use insulated lunch bags and ice packs to keep food fresh.
- Portion Control: Ensure appropriate portion sizes for your child's age and activity level.
- Allergy Awareness: Be mindful of potential allergens and school policies.

Sample Lunchbox Ideas

1. Wholegrain Wrap with hummus and grated carrot
Fruit Salad (melon, grapes, apple)
Low-Fat Yogurt
Water
2. Pasta Salad with cherry tomatoes and lean chicken pieces
Cucumber Sticks
Cheese Cubes
Semi-Skimmed Milk
3. Egg Salad Sandwich on wholegrain bread
Carrot and Celery Sticks

Banana

Water

For more ideas and recipes, visit:

- [BBC Good Food: School Lunchbox Recipes](#)
- [NHS Change4Life: Healthier Lunchboxes](#)