Why do we need a healthy packed lunch?

Healthy Schools North Yorkshire

North Yorkshire County Council

Stick me on your fridge

A healthy packed lunch will give children the **energy** and **nutrition** they need to get the most from their day – helping them to **stay healthy**, **feel good** and **be ready and able to learn**. Packed lunches should be made up of foods from the main food groups in the **Eatwell Guide** www.nhs.uk/live-well/eat-well/the-eatwell-guide and portions should be appropriate for a child's age and size. This will ensure every child has a healthy and nutritionally-balanced lunch.

What should I include in my healthy packed lunch?

Please try to include ONE of each of the following in your lunch each day:

STARCHY CARBOHYDRATE

✔ bread, wrap, pitta, bagel, rolls, baguette
✔ rice or couscous
✔ pasta
✔ noodles
✔ potatoes

Wholemeal/wholegrain options contain more fibre and keep you fuller for longer

Gives you energy for the day ahead!

DAIRY FOOD (or non-dairy alternative)

✔ cheese – hard, soft, spread
✔ yoghurt or fromage frais
✔ milk
✔ custard

Choose low fat, low sugar options where possible

Good for healthy bones and teeth!

FRUIT (fresh, frozen, tinned or dried)

✔ apple
✔ banana
✔ satsuma
✔ pear
✔ plum
✔ mango
✔ melon
✔ small box of raisins
✔ cherry tomatoes (chopped)
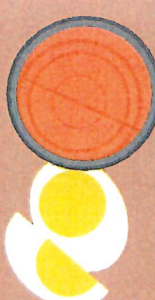✔ handful of grapes (halved)
✔ fruit salad or kebab

Fruit and vegetables give you vitamins, minerals and fibre to stay healthy. Part of your '5 a day'

How much? A portion is one child-sized handful.

VEGETABLES OR SALAD

✔ chopped vegetable sticks (e.g. carrot, cucumber, pepper)
✔ salad in sandwiches
✔ vegetable soup

Helps your body to grow and develop

PROTEIN

✔ meat e.g. sliced lean ham, chicken or beef in a sandwich
✔ fish – try to include oily fish such as salmon or sardines at least once every 3 weeks (tuna doesn't count – sorry!)
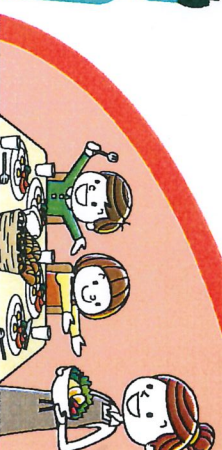✔ eggs
✔ lentils, beans, chickpeas
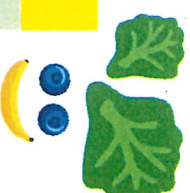
DRINKS

DRINKS – plain tap water is the best option, especially for teeth. Please send your child with their own named, clean water bottle each day.

Drinking enough each day helps keep your body working well and your skin looking healthy!

Me-sized meals

Young children don't need as much food as teenagers and adults. When they eat more than they need, the excess energy is stored as fat in their bodies.