



Nether Hall School



**Healthy Packed Lunch
Planner Pack**



For a Healthy Lunchbox **Pick&Mix** Something from Each Group



1. FRUIT	2. VEGETABLES	3. DAIRY/DAIRY ALTERNATIVES	4. MEAT/MEAT ALTERNATIVES	5. GRAINS	6. WATER
<p>Fresh Fruit</p> <ul style="list-style-type: none"> • Apple • Banana • Orange • Melon • Grapes • Pineapple • Strawberries • Pear • Kiwi • Plums • Apricots <p>Mixed Fruit</p> <ul style="list-style-type: none"> • Fruit salad • Fruit kebab <p>Dried Fruit</p> <ul style="list-style-type: none"> • Dried fruit, seeds and plain popcorn mixes <p>Tinned fruit/snack packs</p> <ul style="list-style-type: none"> • In natural juice (Not syrup) 	<p>Fresh Crunchy Veg</p> <ul style="list-style-type: none"> • Carrot sticks • Cucumber sticks • Celery sticks • Green beans • Baby corn • Tomatoes (e.g. cherry/plum) <p>Can serve with;</p> <ul style="list-style-type: none"> • Hummus • Tomato salsa • Guacamole • Tzatziki • Natural yoghurt <p>Salads;</p> <ul style="list-style-type: none"> • Coleslaw and potato salad with low fat dressing • Mixed rainbow salad (Make it colourful to enjoy) 	<p>Creamy snacks</p> <ul style="list-style-type: none"> • Milk • Calcium-enriched soya and other plant-based milks • Yoghurt (soya alternatives) • Custard • Cheese cubes, sticks or slices <p>Can serve with;</p> <ul style="list-style-type: none"> • Fruit • Vegetable sticks • Rice cakes 	<p>Protein boost</p> <ul style="list-style-type: none"> • Tinned tuna or salmon • Roasted or grilled meats (chicken, pork, beef) • Falafel • Boiled eggs • Baked beans • Quorn products • Lentil patties • Deli meats e.g. sliced hams, salami <p>Can serve with;</p> <ul style="list-style-type: none"> • Wholegrain bread (pittas, wraps) • Brown rice • Side salad 	<ul style="list-style-type: none"> • Wraps • Sandwiches (toasted/untoasted) • Pitta • Rice • Quinoa • Cous cous • Noodles • Pasta <p>Snacks;</p> <ul style="list-style-type: none"> • Crackers • Rice cakes • Crumpets • Wholemeal scones • Fruit loaf 	<p>Daily</p> <ul style="list-style-type: none"> • Take a bottle of water for refilling throughout the day

My Weekly Lunchbox Planner

Week Commencing:/...../.....

	Example	Monday	Tuesday	Wednesday	Thursday	Friday
1. Fruit 	<ul style="list-style-type: none"> • <i>Apple slices</i> 					
2. Veg 	<ul style="list-style-type: none"> • <i>Carrot sticks</i> • <i>Hummus dip</i> • <i>Lettuce in my wrap</i> 					
3. Dairy/Alternative 	<ul style="list-style-type: none"> • <i>Yoghurt</i> 					
4. Meat/Alternative 	<ul style="list-style-type: none"> • <i>Tuna in my wrap</i> 					
5. Grains 	<ul style="list-style-type: none"> • <i>Wholegrain wrap</i> 					
Notes/Comments 						



Plan to Eat well

The guide shows how much of what we eat overall should come from each food group to achieve a healthy, balanced diet. It can be really useful when thinking about what goes into kids' lunchboxes.

LUNCHBOX TIPS



Get them involved

Get your kids involved in preparing and choosing what goes in their lunchbox. *They are more likely to eat it if they helped make it.*



Freeze for variety

Keep a small selection of different types of bread in the freezer so you have a variety of options – like bagels, pittas and wraps, granary, wholemeal and multigrain.



Ever green

Always add salad to sandwiches and wraps too – *it all counts towards your child's 5 A Day!*



Mix your slices

If your child does not like wholegrain, try making a sandwich from 1 slice of white bread and 1 slice of brown bread.



Cut down on crisps

If your child really likes their crisps try reducing the number of times you include them in their lunchbox, and swap for homemade plain popcorn or plain rice cakes instead to add that crunch!



Yoghurts: go low-fat and lower-sugar

Pop in low-fat and lower-sugar yoghurts or fromage frais and add your own fruit.



DIY lunches

Wraps and pots of fillings can be more exciting for kids when they get to make them.

Dipping foods are also fun and a nice change from a sandwich each day.



Cheesy does it...

Cheese can be high in fat and salt, so choose stronger-tasting ones – and use less of it – or try reduced-fat varieties.



Tinned fruit counts too

A small pot of tinned fruit in juice – *not syrup* – is perfect for a lunchbox and easily stored in the cupboard.



Add bite-sized fruit

Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat.

Add a squeeze of lemon juice to stop it from going brown.



Variety is the spice of lunch!

Be adventurous and get creative to mix up what goes in their lunchbox. Keeping them guessing with healthier ideas will keep them interested and more open to trying things.



Cut back on fat

Pick lower-fat fillings – like lean meats (including chicken or turkey), fish (such as tuna or salmon), lower-fat spread, reduced-fat cream cheese and reduced-fat hard cheese. Try to avoid using mayonnaise in sandwiches.



Swap the fruit bars

Dried fruit like raisins, sultanas and dried apricots are not only cheaper than processed fruit bars and snacks but can be healthier too. Just remember to keep dried fruit to mealtimes as it can be bad for teeth.



Always add veg

Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A Day. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.



Switch the sweets

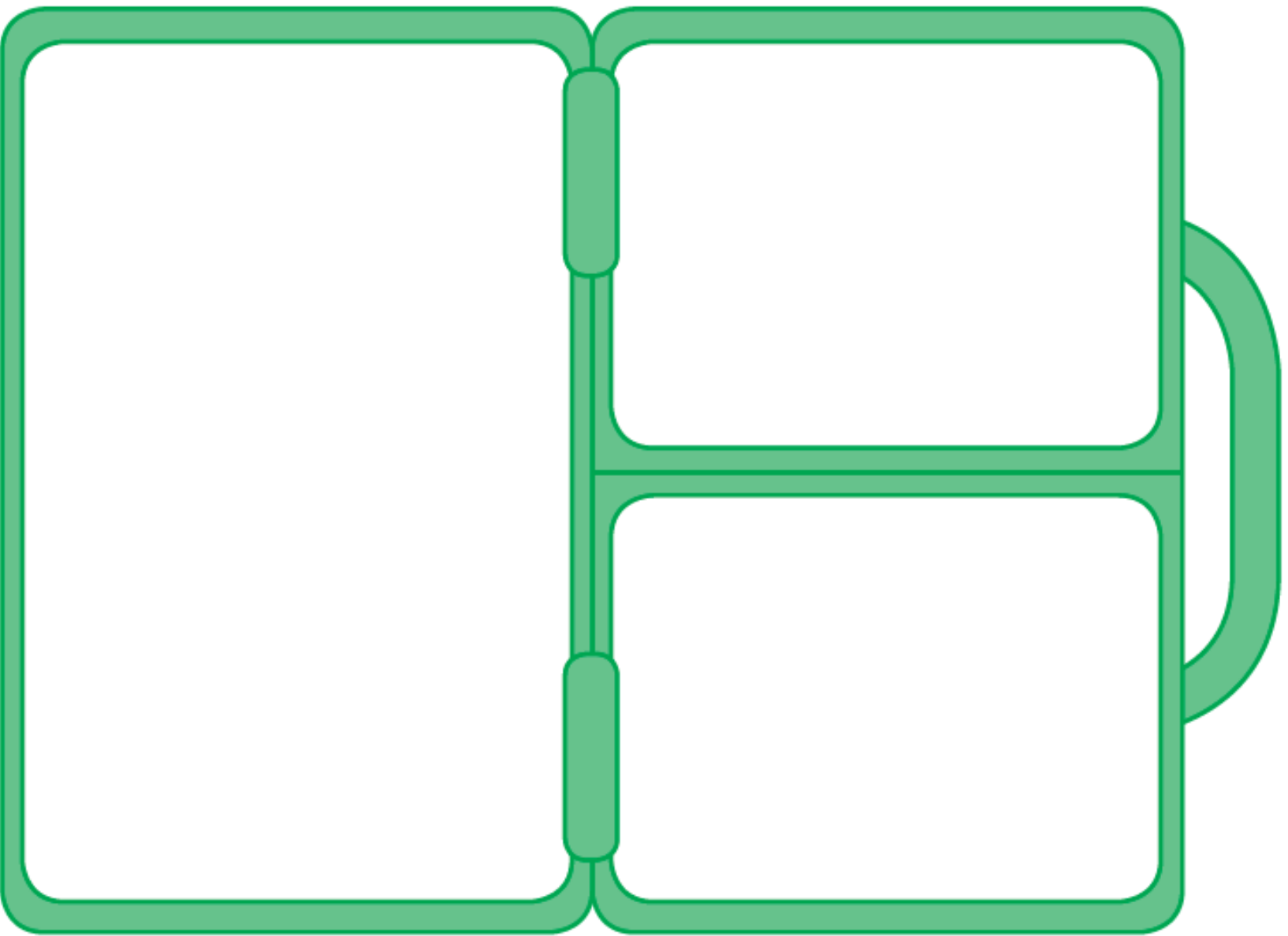
Swap cakes, chocolate, cereal bars and biscuits for malt loaf, fruited teacakes, fruit breads or fruit (fresh, dried or tinned – in juice not syrup).



Keep them fuller for longer

Base the main lunchbox item on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.

Healthy Eating Lunch



Create your own healthy lunchbox for school remembering to include ALL 5 of our healthy sections; Fruit, Vegetables, Dairy/Alternative, Met/Alternative and Grains.

