

# Lunch Box Parent Guidance

Sending your child into school with a packed lunch is a great way to ensure they're eating a balanced and healthy diet that will keep their energy levels up and ready for learning. You can plan your child's lunch (or encourage them to help plan their own) using some of the guidance below.

## Ready, Steady, Go!

Foods that contain carbohydrates are great for giving us long-lasting energy, meaning your child will have plenty of go power throughout the day. You should try to get two portioned sources of carbohydrates in your child's lunch, such as:

- bread
- pitta
- scone or English muffin
- plain biscuits
- wraps
- rice cakes
- quiche (a slice or child-size)
- pasta
- crackers
- rice
- pasta



## Tall and Strong

Foods containing calcium (like dairy products) can help to boost your child's bone growth, while protein-rich foods can help with muscle strength - that's why these foods are in the 'Tall and Strong' group! You should aim for one portion of these foods, which could include:

- yoghurt pots or tubes
- cheese slices, cubes or sticks
- fish (e.g. tuna)
- eggs (boiled or in a sandwich)
- chicken
- ham
- salami



## Healthy Glow

Fruits and vegetables are fantastic sources of vitamins and minerals that keep your body healthy. They're also a good source of fibre, too. You should try to get two sources of these foods, including:

- fresh fruits like apples, strawberries or oranges
- canned fruits like pineapple or peach slices in juice
- cut vegetables like cucumber, bell peppers and carrot



## No, No, No!

There are some foods that aren't appropriate for school lunches, including excessive snacks or fast foods. Many schools are also nut free, so precautions should be taken when considering nut products. The following foods can be enjoyed in moderation at home and should be avoided at school:

- takeaway (leftovers such as pizza)
- sugary biscuits
- sweets
- large bags of crisps (i.e. sharing packs)
- fizzy drinks

