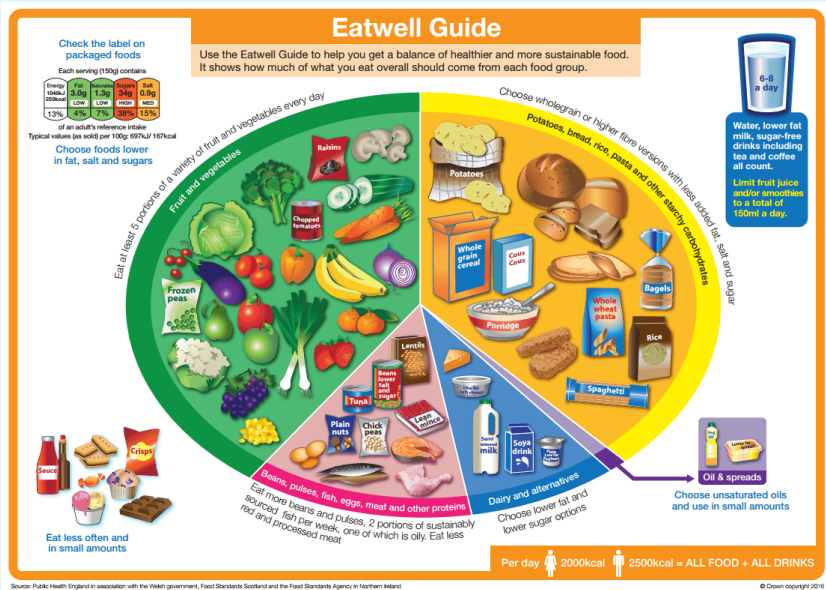




# Packed Lunch Guidance

# The Eatwell Guide

The Eatwell Guide is a great tool that helps us understand how much of each type of food we should eat to stay healthy.



This can be used as a guide for individual meals, finding a balance across the day or even could show you what your weekly shopping trolley should be filled with.



Scan me!

# Less is more!

It can be tempting to pack lots of treats, but it's better to include fewer items and make sure they are as nutritious as possible!

We all know how you can feel after lunch if you've eaten too much and need a snooze or had too much sugar and struggle to concentrate.

Follow these **6** steps for a perfectly balanced packed lunch:

1. **Start with a starch** – wholemeal starches like bread, pitta or wraps, pasta, rice or even potatoes, couscous or noodles are great for slow releasing energy to keep your child going through the afternoon.



2. **Pop in a protein** – low fat proteins like eggs, chicken, houmous, fish, turkey, beans, or lentils will help them stay full.



3. **Vibrant veg** – get creative with vegetables! As well as the usual salad sticks you could try raw broccoli or cauliflower, sugar snap peas or add coleslaw to reach that 5 a day.



4. **Fab fruit** – fruit is great to satisfy a sweet tooth while getting lots of vitamins and nutrients. Satsumas, apples and bananas are popular but have you tried kiwi, melon, or berries?

5. **Delightful dairy** – dairy and calcium are vital for young bones and teeth. Low fat milk, natural yoghurt, low sugar rice pudding, a dairy based dip, or some cubes of cheese are perfect!



6. **Healthy hydration** – our bodies are roughly 60% water! Remember your water bottle to keep drinking.

# When is a treat not a treat?

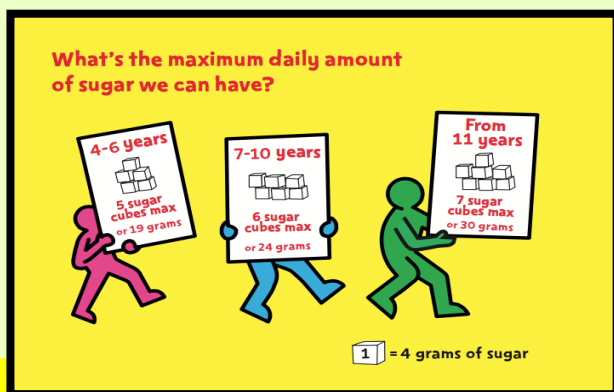
Everyone loves to give their children a treat, but giving someone a treat regularly stops it from being special!

Foods high in fat, sugar and salt should be eaten less often and in small amounts. These foods, such as crisps, chocolate bars and sweets, are often eaten at home so they don't need to be part of a packed lunch.

On special occasions you may want to put something extra in your child's lunch box but make sure you don't do it too often!

If you do want to put something extra in you could add a handwritten note or a little picture or occasionally add in a slice of malt loaf or fruit bread, or a teacake or scone.

Are you sugar aware?



# Preparation and storage

When making packed lunches, follow these top tips for safe preparation and storing.

If making a packed lunch for younger children, chop fruit and vegetables to prevent choking. Avoid round shapes and cut small fruits lengthways and then halve again (quarters).



For items that should be kept cool, pack food in insulated sealed bags. Using an ice pack is a great but if you don't have them, food can be stored outside of a fridge for up to 4 hours.

Using leftovers are a great way of cutting waste but remember to keep them covered and in the fridge until you put them in the lunchbox and use within 2 days.



## Stuck for ideas?

Sandwiches are quick and easy to make, but sometimes you want something a little bit different!

**Houmous, wholemeal pitta, cucumber sticks, an apple, and some cubes of cheese.**



**Tuna and sweetcorn wholemeal pasta salad with some natural yoghurt and berries.**



**Brown rice and bean salad with carrot sticks and tzatziki, and a satsuma.**



**Wholegrain crackers, cheese slices, grapes, and cherry tomatoes.**



**Mixed peppers in couscous with hard-boiled egg, banana, and small rice pudding.**

