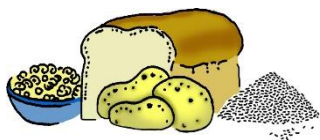


Starchy Foods

Base each meal on a starchy food, such as bread, potato, rice, pasta, couscous. Starchy foods give energy, fibre, vitamins and minerals.

- ✓ Bread, try different types, such as pitta bread, wraps, bread sticks or bread rolls.
- ✓ Other starchy foods, such as pasta or rice.
- ✓ Whole grain varieties are best for fibre, which is vital for a healthy digestive system.



Meat & Alternatives

Add some protein, for example meat, fish, eggs, beans or pulses. Protein foods build muscles and provide minerals.

- ✓ Lean meats, such as chicken, turkey or ham.
- ✓ Include oily fish, such as pilchards, sardines or mackerel at least once every three weeks
- ✓ Cheese, such as cottage cheese, edam or soft cheese.
- ✓ Egg, such as quiche or omelette.
- ✓ Meat alternatives, such as tofu or tempeh.
- ✓ Dishes containing pulses, beans or meat, for example dahl, stew or bean salad.
- ! Use butter, margarine, mayonnaise or salad dressings sparingly, because these can be high in fat, or use lower fat alternatives.
- ✗ The school does not allow nuts in packed lunches.



Healthier Swaps

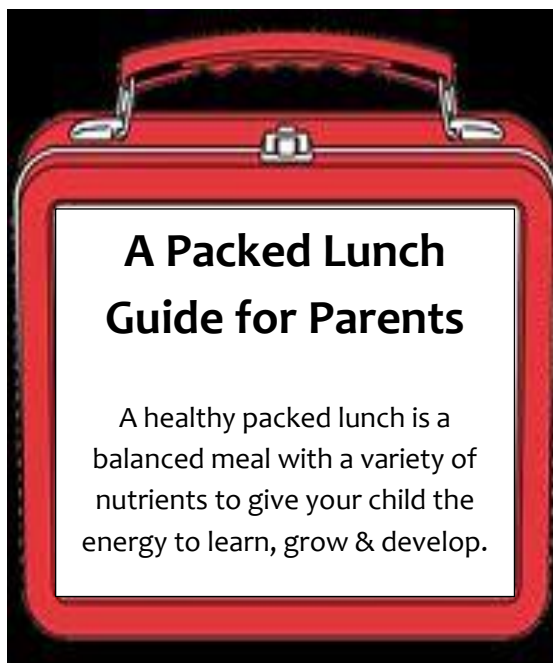
- ✓ Replace sweets and chocolate with dried fruit, a small bunch of grapes or fruit salad or sugar-free jelly.
- ✓ Replace cakes and pastries with fruit bread or malt loaf.
- ✓ Replace salted savoury snacks with rice cakes or breadsticks.



Milk & Dairy Foods

Up to the age of 5, milk is provided for children who want it and after that, parents can purchase it if they wish. Ask your school for information.

- ✓ A side dish of a low fat, low sugar yoghurt or low sugar rice pudding provides calcium necessary for strong bones and teeth as well as providing protein and vitamins



Snacks & Confectionery

Snack foods may be included occasionally but aim to make healthier choices. Snack foods tend to be high in fat, sugar and salt. Foods high in fat can cause excessive weight and may lead to heart disease. High sugar foods are high in calories and bad for teeth. High salt foods may increase blood pressure, which can lead to heart disease and some cancers.

- ✗ Chocolate, sweets, chocolate spread, jam, salted savoury snacks and crisp like products should not be included in lunch boxes. Hot school lunch desserts are only allowed cocoa powder and no confectionery.

Fruit & Vegetables



Don't forget to include fruit and vegetables. You can use fresh, frozen, tinned or dried. Fruit and vegetables are full of vitamins, minerals and fibre necessary for the body to function properly and to keep you strong and healthy.

- ✓ Add tomato, lettuce, cucumber or beetroot to a sandwich
- ✓ Include a portion of salad or roast vegetables
- ✓ Fresh fruit, such as apple, banana or pear.
- ✓ Dried fruit, such as raisins, apricots or figs.
- ✓ Fruit salad (fresh or tinned in juice) or vegetable salad.
- ✓ Finger foods, such as cherry tomatoes, cucumber sticks or celery are good with a dip, such as hummus or guacamole.



Using fresh fruit and vegetables, which are in season can help the environment

Drinks

Drinks, especially water, help children to concentrate and feel well. Water is freely available in school.



- ✓ You could try adding chopped fruit into water bottles to create new flavours
- ✗ Avoid squash, fizzy drinks and flavoured water, even those labelled 'sugar free' or 'no added sugar' as these can contribute to tooth decay and have little nutritional value

Day 1



Tuna/Quorn & cucumber pasta salad

Low fat/Low sugar yoghurt



Small bunch of grapes

Wholemeal Bread sticks



Day 2

Turkey/Cheese & Pepper Sandwiches with cucumber and cherry tomatoes



Small banana

Slice of fruit bread



Small pot of low sugar rice pudding

Day 3



Curried mayo egg/chicken & chickpeas

Wedges of plain Naan



Carrot & Cucumber Sticks

Cheese, crackers & grapes



Day 4

Brown rice or couscous with peas & salmon/beans



Cherry tomatoes

Low fat/Low sugar yoghurt With strawberries & Blueberries



Slice of malt loaf

A week of possibilities!

Don't forget your water every day!



Day 5



Hummus with falafel/chicken bites & slices of wholemeal wrap

Strips of mixed peppers



Tub of apples & raisins

Pot of sugar free jelly

