

James Elliman Academy

Packed Lunch Guide

WHAT TO INCLUDE IN A HEALTHY PACKED LUNCH:

- ✓ **Fruit and Vegetables** – at least one portion of fruit and one portion of vegetables or salad.
- ✓ **A non-dairy source of protein** – meat, fish egg, beans or pulses.
- ✓ **A starchy food** – bread, pasta, rice, couscous, noodles or potatoes.
- ✓ **Dairy foods** – milk, cheese, or yoghurt.
- ✓ **Drinks** – water, 100% pure fruit juice, milk or smoothies.
- ✓ **Oily fish** – salmon is a good source of protein and where possible should be included at least once every 3 weeks.



Tips for a Healthier Lunchbox:

- ✓ **Use a variety of breads** to keep sandwiches fun and interesting.
- ✓ **Chop fruit and vegetables into sticks** to make it fun to eat.
- ✓ **Have a change from sandwiches** using rice and pasta.
- ✓ **Prepare packed lunches the night before** and store in the fridge.
- ✓ **Get older children to help** make their own packed lunch.
- ✓ **Don't forget to wash fruit and veg.** We hope that you will find some of these suggestions useful.

Website to visit:

50 Packed Lunch Ideas

<http://www.geniuskitchen.com/ideas/back-to-school-lunch-box-ideas-6050?c=8771>

NHS Change For Life

<https://www.nhs.uk/change4life/food-facts/healthier-snacks-for-kids#qpjSB9qHUaeAXDzG.97>

BBC Good Food Guide

<https://www.bbcgoodfood.com/howto/guide/school-packed-lunch-inspiration>

HEALTHY SNACK IDEAS:

- ✓ Replace cakes and pastries with fruit bread or a teacake.
- ✓ Replace salted savoury snacks, such as crisps, with popcorn (not sweet or toffee), breadsticks, rice cakes or cheese and crackers
Include dried fruit or fruit salad.
- ✓ Drink water, milk, 100% juice, sparkling water, fruit smoothie, or a yoghurt or milk drink.

Foods that can be occasionally be included in packed lunches:

- ✓ Snacks such as crisps
- ✓ Meat products such as sausage rolls, individual pies, corned meat and sausages these foods have a very high fat and salt content
- ✓ Cakes and plain biscuits are allowed but children should be encouraged to eat these only as part of a balanced meal

WHAT NOT TO INCLUDE IN A PACKED LUNCH:

- ✗ Chocolate or food items containing chocolate.
- ✗ Other confectionery such as sweets and chewing gum.
- ✗ Fizzy or sugary drinks.
- ✗ Fruit flavoured squash drinks such as Ribena, Fruit Shoot or Capri sun
- ✗ Diet or energy drinks which contain high levels of caffeine and other additives not suitable for children.
- ✗ Fast food such as burgers or chips

ALLERGIES AND SPECIAL DIETS:

Some pupils within the school suffer from food allergies. James Elliman Academy has a no nuts policy as some children have an extreme allergic reaction to nuts.

Please do not give your child food that contains nuts.



Some pupils may require special diets that do not allow for the standards to be met exactly. In this case parents are urged to be responsible in ensuring that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items.