

# INFORMATION ON PACKING THE LUNCHBOX/SNACK



## Christ the King Healthy School Information

### A balanced packed lunch should contain:

- Starchy foods - These are bread, rice, potatoes and pasta, and others.
- Protein foods - These are meat, fish, eggs, beans and others.
- A dairy item - This could be cheese or yoghurt.
- Vegetables or salad, and a portion of fruit.

Starchy foods are a good source of energy, and should make up a third of the lunchbox. But don't let things get boring. Instead of sandwiches give kids bagels, pitta bread, wraps and baguettes. Use brown, wholemeal or seeded bread, not white bread.



Children often like food they can eat with their fingers, so chop up raw veggies such as carrots or peppers, and give them houmous or cottage cheese to dip the veggies in. Breadsticks and wholemeal crackers are great finger foods and they can be spread with low-fat soft cheese or eaten with reduced-fat cheddar and pickles.

Replace chocolate bars and cakes with fresh fruit or dried fruit . Vary the fruit each day and get them to try new things, like kiwi or melon.

You could also make up a tasty fruit salad. Be inventive and encourage your children when they try something new.

### Making the change

It may take a while for your children to get used to a healthier lunchbox. But it will be worth it for their health, so keep trying.

You can help by eating a wider range of foods at home, as a family.

Reading supermarket food labels can help you to buy healthier foods for your child's lunch, and for family meal times.



Chocolate and cakes can be saved for occasional treats. Remember to praise your child when they've tried something new, to show your encouragement. You can find lots of ideas for healthy lunches on the change for life website;

[www.nhs.uk/Change4Life](http://www.nhs.uk/Change4Life)

### Our Policy

Here at Christ the King, we pride ourselves on being a school that promotes health and well-being. Our school lunch provides a balanced diet for all our children. The expectation is that packed lunches and snacks also provide a balanced diet for those children choosing this option.

As part of our policy, we do not accept foods that are high in salt, sugar or fat- sweets, chocolate, biscuits, processed food etc.

We do not accept any other liquid from water being provided during the school day.

We are very happy to help or answer any questions. Please ask at the school office.

