

Colmers Farm Primary School



Healthy Packed Lunch Ideas



Remember that we are NUT FREE school

Lunch is an important meal for children to provide energy and nutrients to keep them going throughout the afternoon. The key to a healthy packed lunch is variety and getting the right balance of foods to provide children with all the nutrients they need to stay healthy.



Sandwiches: Range of bread, bagels, wraps, rolls, croissants, pittas etc.!

Children tend to love 'build it yourself wraps' (and easier to prepare too!)

Quite a few parents suggested using biscuit cutters to make sandwiches into more interesting shapes. Another suggestion was to batch make and freeze sandwiches to save time.

Fillings:

Wherever possible to include salad (lettuce, tomatoes, cucumber, sweet corn, spring onion, red onion, peppers, beetroot, avocado etc.)

- Cheese,
- Ham/bacon,
- Tuna,
- Chicken/turkey,
- Beef,
- Steamed or roasted butternut squash as a spread, add chicken or avocado,
- Chunky cottage cheese with sunflower seeds and a drizzle of honey,
- Boiled egg sliced, egg mayonnaise,
- Pastes such as fish, meat, marmite, soft cheese etc.

Sandwich alternatives:

You can also simply leave out the bread, put some of the suggested fillings in a small container and provide a spoon or fork. Crispbread, bread sticks, crackers and rice cakes are a good alternative to bread.

Most of the following can be eaten hot (kept warm in a food flask) or eaten cold.

- Cooked brown rice with peppers, raisins, sweetcorn and onions (cold only),
- Pasta with vegetables with or without a sauce,
- Couscous salad,
- Rice noodles,
- Pasta bake,
- Vegetable soup,

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- Salad - pasta, chicken, rice, cheese, meat, fish etc,
- Plain pasta cooked with a dash of garlic oil, (can be put in small pots and frozen).

Instead of crisps/chocolate:

- Hummus and breadsticks,
- Plain popcorn,
- Rice cakes,
- Pretzels,
- Chopped veg sticks with dips,
- Malt loaf,
- Flap jacks (homemade are often much healthier than shop bought),
- "Healthy" cakes, for example beetroot and chickpea brownies (taste like chocolate but full of goodness!).

Other ideas to include:

- Pieces of fruit, apple, banana, oranges, plums etc., A few parents suggested coring and slicing an apple then putting it back together with an elastic band to prevent it turning brown,
- Cut up fruit pots, melon, kiwi, grapes (cut length ways to prevent choking), pineapple, berries etc,
- Fruit purees,
- Fruit mixed with yoghurt,
- Dried fruit,
- Range of colourful chopped veg sticks with dips,
- Yoghurt (good to include frozen yoghurt as it will keep packed lunch fresh and defrost by lunch time!),
- Hard boiled eggs,
- Cheese cubes,
- Corn on the cob, cooked and cooled,
- Fruit skewers.



Please remember that we are a water only school! We would like to get the children into the habit of making water their first choice for hydration. Water can help keep your temperature normal, helps to digest your food and gets rid of waste!

Please do not send sugary drinks or juice to school.

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Below are some very useful websites with lots of good ideas!

<https://www.nhs.uk/change4life>

<https://www.bbcgoodfood.com/recipes/collection/healthy-packed-lunch>

<https://www.goodtoknow.co.uk/food/recipe-collections/30-packed-lunch-ideas-29748>

<https://www.nutrition.org.uk>

If your child really struggles to accept a healthy lunchbox, select one item to change at a time. Stick with the change you are making. Your child will get used to it in time, especially if all their friends are eating similar, healthy food!

Please **do not** send sweets in your child's packed lunch. Please do ensure your child has a **balance of foods** each day.

Please do speak to your child's class teacher if you feel that your child has a limited diet, we can work together to support your child.



Thank you for your
co-operation.



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