

Lunchboxes

At Nightingale Primary School we are committed to not only providing children with a healthy school dinner, but we are also invested in teaching children about the importance of a healthy diet. We advocate that those children who choose to bring a packed lunch have a lunchbox which is healthy. By providing a healthy lunch and encouraging healthy eating habits in childhood we can help children develop healthy eating habits for life.



Packed lunches should be based on the EatWell plate model and should aim to include all of the following every day:

Fruit and Vegetables - at least one portion of fruit and/or one portion of vegetables or salad.

A non-dairy source of protein - meats such as chicken, turkey and ham, fish, egg, beans or pulses, such as lentils, kidney beans, chickpeas, hummus or falafel.

A starchy food like bread, pasta, rice, couscous, noodles, potatoes or other types of cereals.

Dairy foods such as milk, cheese, yoghurt or fromage frais.

Oily fish such as salmon, sardines, pilchards and mackerel should be included at least once every three weeks.

Drinks - Water or fruit juice

As part of a healthy lunch, children's packed lunches should **always** include:

- 😊 A starchy food, such as bread, potato, rice, or pasta
- 😊 At least one item of fruit, vegetable or salad
- 😊 A balance of foods from different food groups



Lunches can include the following **occasionally**:

- 😐 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

Packed lunches should **not** include:

- 😞 Nuts and foods containing nuts including Nutella.
- 😞 Chocolate bars
- 😞 Other confectionery such as sweets and chewing gum
- 😞 Fizzy or sugary drinks, fruit shoot or Capri Sun. Milk drinks and smoothies contain high levels of sugar and should be avoided.
- 😞 Diet or energy drinks which contain high levels of caffeine and other additives, and are not suitable for children
- 😞 Fast food such as hamburgers or chips



For some inspiration on healthy lunchbox ideas and further information, please visit:
<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>