

TOP TIPS:

For a healthy School lunch



Diabetes Research &
Wellness Foundation



Celebrating
25 Years



OUR TOP TIPS:

Making healthy choices about what to eat and drink is important to:

- Be able to concentrate.
- Improve behaviour.
- Grow properly.
- Prevent becoming overweight or getting illnesses in later life.
- Be energetic!

A healthy diet includes a mixture of different foods.

FRUIT and VEGGIES

FRESH FRUIT & VEGGIES:


- banana
- apple
- satsumas
- kiwi fruit
- melon
- carrot
- cucumber
- grapes
- raspberries
- blueberries
- olives
- strawberries
- sugar snap peas (in pods)

DRIED FRUIT:

- raisins


TINNED FRUIT:

- mandarins
- pineapple
- peach slices

 You could add sweetcorn, grated carrot, cucumber, coleslaw to sandwiches or wraps.


PROTEINS

- humous with breadsticks and carrot or cucumber sticks
- hardboiled egg
- chunks of cheese
- cheese strings
- mini cheeses
- quiche
- crab sticks
- scotch eggs
- yoghurts
- fromage frais
- custard pot
- rice pudding pot (also carb)

 Frozen yoghurt tubes can help keep your lunch box cool and will be defrosted by lunchtime!

SANDWICH/WRAP FILLINGS (PROTEIN RICH)

- ham
- turkey
- salami
- roast meat
- sausage
- tuna
- pate
- cheese / cheese spread
- quark
- tofu
- egg

 Vegetarian and vegan alternatives could include falafel, humous or 'mock meat' products.


CARBOHYDRATES

SAVOURY:

- bread, either as plain bread, bread and butter or as a sandwich (fun idea – use cutters to cut into different shapes and sizes).
- wholemeal and granary bread have the most fibre but you could try 50/50 or plain white.


THERMAL FLASKS / CONTAINERS:

- curry and rice
- pasta shapes and sauce
- soup
- baked beans
- mashed potato meals such as cottage pie
- dhal (also protein)
- sausage casserole with couscous

 This is a great way of taking warm food and using up leftovers!

ALTERNATIVES TO BREAD AND SANDWICHES INCLUDE:

- bread rolls
- pitta bread with filling inside or cut into strips to dip into humous.
- crackers
- crispbread
- oatcakes
- rice cakes
- rice
- pasta

 Why not make a pasta or rice salad in a tub? Add vegetables such as kidney beans or sweetcorn and could add some meat (ham, sausage, cold chicken) or fish (tuna, sardines) or cheese cubes/ grated cheese, bagel, breadsticks, matzos, tortilla wraps, chapatti, roti, paratha.



Don't forget a drink to stay hydrated! We suggest a refillable bottle of water or sugar-free squash.

To help keep your lunch cool in hot weather you could freeze a bottle of water to use as an icepack.

Children need to drink at least 6-8 glasses of fluid each day to prevent dehydration. Even mild dehydration can have a negative effect on health and the ability to concentrate at school.

SMALL TREATS

- malt loaf
- fruit loaf
- plain popcorn
- hot cross bun
- small chocolate bar
- flapjack bar
- mini swiss rolls
- mini cake bars
- slice of homemade cake
- small cereal/nut bars
- jam tart
- yoghurt
- chocolate covered raisins.
- small packet of crisps
- twiglets
- mini cheddars

FOOD SAFETY: In hot weather, lunchboxes need to be kept cool during the morning. If they cannot be stored in the fridge, pop a small freezer block into the lunchbox.

PACKED LUNCH POLICY: To ensure you align with your schools packed lunch policy, please always check with a member of staff prior to taking in higher risk items, such as nuts, hot liquids and sweet treats.

UNDERSTANDING FOOD GROUPS

FRUIT and VEGGIES

- Fruits and vegetables contain lots of vitamins, especially vitamins A and C.
- Vitamin A is important for the heart and lungs to work properly, support the immune system and helps you to be able to see in the dark. Vitamin C is important to maintain healthy skin, blood vessels and is vital for healing grazes and cuts.
- Fruits and vegetables also contain lots of water and fibre which are good for digestion.
- We should all aim to eat 5 portions each day of fruits and vegetables. A portion is what you can hold in your hand, e.g. a piece of fruit, slice of large fruit eg melon, about 3/4 strawberries.

CALCIUM

- Calcium containing foods are vital for bones, growth and teeth. Cheese can help protect teeth from sugars and acids in other foods and due to containing fat and protein keep tummies feeling full.

CARBOHYDRATES

- Carbohydrates are important for energy – to be able to run around at playtime but also to be able to concentrate. These foods also contain B vitamins, calcium, iron and fibre which can help children feeling full up after lunch.
- It is best to have a mixture of protein foods, fruits and vegetables when eating Carbohydrates.

PROTEINS

- Foods containing protein help bodies to grow and repair itself.
- There are many sources of protein including meats, fish, eggs, milk, cheese, yoghurt, beans and pulses, nuts and vegetarian/vegan alternatives.
- Protein foods often also contain iron or calcium which is important.

SWEET TREATS

- Fatty and sugary foods can be included as part of a healthy lunchbox provided they are in small quantities. Eating too many risks tooth decay and becoming overweight.



"I am absolutely delighted to be supporting DRWF with the healthy eating initiative in schools. We all need to understand the impact of different foods and nutrients on our bodies. Helping children and their families or households to learn more about food promotes healthy habits to last a lifetime and supports children to grow, develop, be energetic and prevent future health problems associated with poor food or lifestyle choices"

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