

POWER FOR THE SCHOOL DAY

BUILD YOUR PERFECT LUNCHBOX!

A healthy lunch keeps you full of energy, ready to learn, and feeling great.

Just like school meals, a good packed lunch includes a mix from the Eatwell Guide food groups - in portions right for your child's age and size.



Find a guide here:
nhs.uk/live-well/eat-well/the-eatwell-guide

Starchy energy foods

- Bread, wraps, pitta
- Rice, couscous
- Pasta, noodles
- Potatoes
- Oatcakes or crackers.

1 portion =
a child's full
hand-size



Choose wholegrain for extra fibre and longer-lasting energy.

Dairy or non dairy alternatives

- Cheese
- Natural/ Greek yoghurt
- Milk



1 portion =
1 child's pointed
finger (solid) or
fist if liquid

1 portion is good for healthy bones and teeth.

Fruit

- Satsumas
- Tomatoes
- Berries
- Melon slices
- Grapes (cut in half)
- Fruit kebabs.



1 portion of
fruit/veg/salad
=
1 child's cupped
hand

Always wash fruit and vegetables. Look for canned fruit in juice not syrup. It can be dried or frozen too.

Vegetables or salad

- Carrot sticks
- Cucumber
- Peppers
- Salad in sandwiches
- Vegetable soup.



CRUNCH

FRUIT AND
VEGETABLES GIVE YOU
VITAMINS, MINERALS
AND FIBRE TO STAY
HEALTHY. PART OF
YOUR '5 A DAY'.

Try raw or even cold cooked veggies. Chop into bitesize pieces and dip in your favourite dip.

Protein

- Chicken
- Lean sliced meat
- Boiled egg
- Beans, lentils, chickpeas or hummus
- Nuts/nut butter
- Fish (tinned fish such as tuna, salmon or sardines).



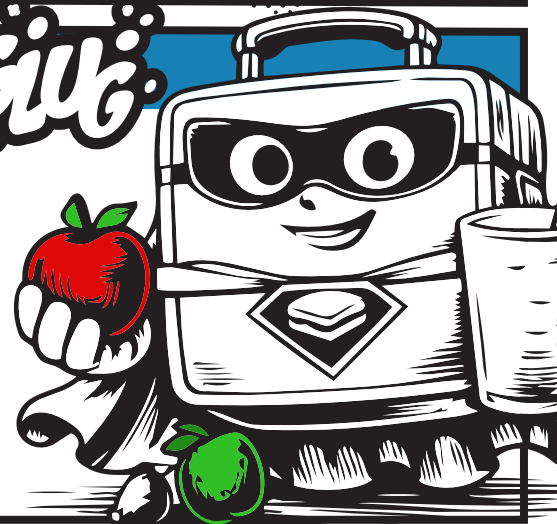
1 portion =
child's palm
size

Why not try last night's leftovers

Drinks

Water is best for bodies and teeth. Send a named water bottle to refill each day.

Glu!



JUST-RIGHT BITES FOR SUPER APPETITES

You need smaller portions than adults. Too much food means extra energy is stored as fat when not used by your body.

MUNCH MUNCH

FIVE TOP LUNCH BOX TIPS

- 1 Use freezer packs or a frozen water bottle to keep food cool.
- 2 Pack a lunchbox together - it's always more fun!
- 3 Cut sandwiches into fun shapes.
- 4 Add veggie sticks with dip or cold cooked veggies like carrots.
- 5 Protect fruit in small tubs or fruit guards.

BRILLIANT BREAKTIME SNACKS

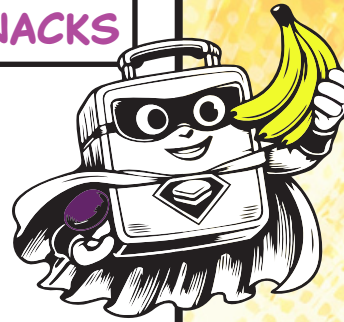
Need to boost your learning power? Add one of these healthy snacks at breaktime.

Fresh fruit (not dried)

Vegetable sticks

Rice cakes, breadsticks, or plain popcorn

Check school food policies around common allergens.



CRUNCH

BECOME A VEGGIE HERO!

Find great ideas for adding more veg to lunches:
simplyveg.org.uk/lunchboxes

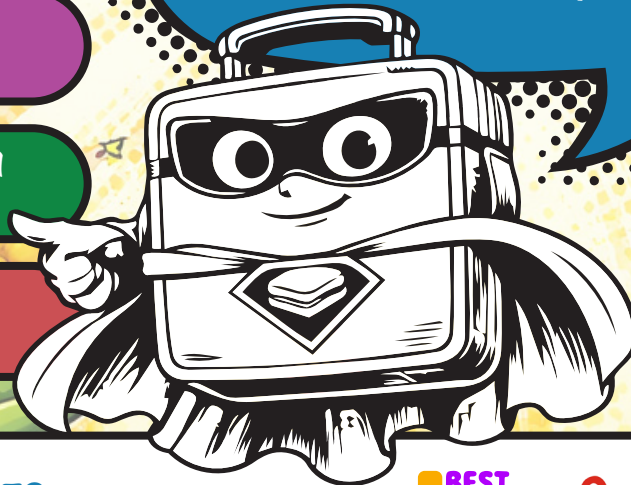


SUPER SCHOOL MEALS

Want to try something new? Something healthy, balanced, and great value?

All children aged 5 to 7 get free school meals, and families on certain benefits may qualify too.

For more information check your school office or visit torbay.gov.uk/fsm



ORAL HEALTH SCHEMES

Add a regular teeth cleaning routine to help protect children's teeth and keep them healthy and free from decay. For ideas on how to best do this, visit www.nhs.uk/live-well/healthy-teeth-and-gums/taking-care-of-childrens-teeth/

STAY SUPER SAFE

Cut food into small pieces for younger children. Always slice grapes and tomatoes in half. Be allergy-aware and follow your school's guidance.