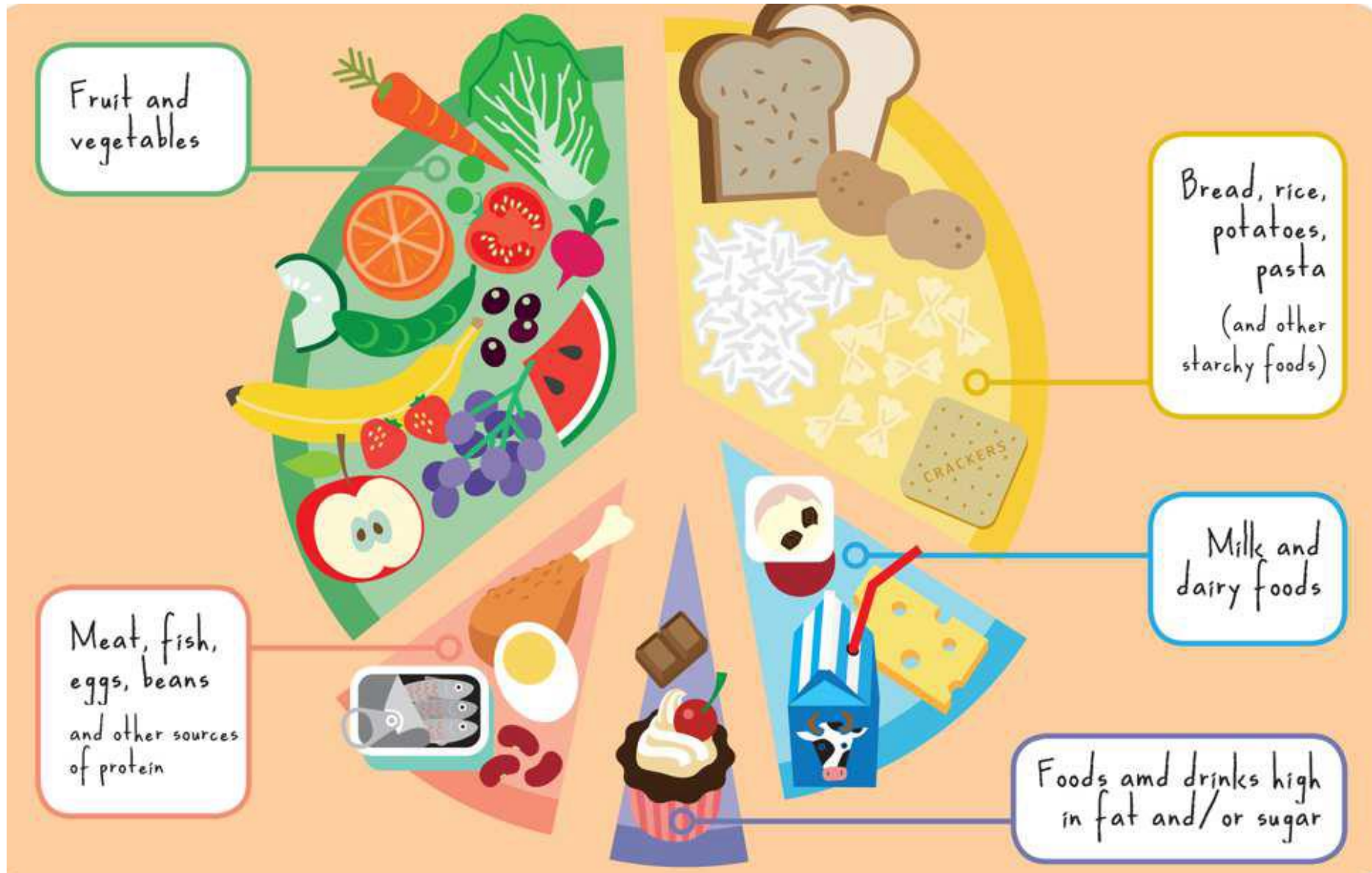


1. The Eatwell Plate

In our guidance, foods from the purple slice shown below are discouraged in packed lunches:



2. Portion Size Guide

Portions seem to be getting bigger- crisps, chocolate bars, fizzy pop drinks, take aways, pizza – even plates seem to be growing! To make sure children don't end up with the same amount of food as an adult, we have to think about what portion is right for them. This will make sure they have enough energy to learn and play but also stay a healthy weight.

Check out the guide below for what makes up a healthy lunchbox.

	VEGETABLES	FRUIT	STARCHY FOOD	MEAT, BEANS, FISH, EGGS	DAIRY	TREAT
COULD INCLUDE	Carrot, pepper or cucumber sticks, grated carrot, cherry tomatoes, vegetables such as peas or sweetcorn as part of a salad.	Grapes, kiwi, melon, apple, banana, strawberries, fruit salad, fruit kebabs, tinned fruit in juice, or dried fruit.	Wholemeal bread/ half and half bread, rice, pasta, wraps, potatoes, pittas.	Lean cooked ham, chicken, boiled eggs, beef, chickpeas, tuna, mackerel, lentils, quorn, tofu, kidney beans or broad beans.	Yoghurt (low sugar varieties) fromage frais, cheese spread, cheese portions, rice pudding, soft cheese.	Fruit loaf, banana bread, fruit muffin, baked samosa, plain breadsticks with houmous or tzatziki, small plain or fruit cake.
PORTION SIZE	One child's handful of vegetables.	Dried fruit: 1 dessert spoon. Fresh and tinned fruit: one child's handful.	Two slices of bread from a medium sized loaf, one medium pitta pocket, one wrap or one child fist size of cooked rice or pasta. Two or three egg sized potatoes.	One child's palm size, thickness of the little finger.	A 125g pot of yoghurt or fromage frais, rice pudding or a small matchbox (30g) size piece of cheese. <i>Ensure dairy replacements have added calcium in them.</i>	Approximately 1/3 a child's size palm.

3. Smart Swaps

Match up some swaps you could make in your lunch box to make it super healthy, or choose new ones.

Let's get swapping!!

Items to swap



Healthy swaps



4. Suggestions for packed lunches

Packed Lunch LOW COST MENU IDEAS

TOOL 19

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

OPTION 1











Tuna & sweetcorn pasta salad

An apple

Small tub of rice pudding

Cost: 55p/77p*

Egg salad sandwich

Small tub of finned pineapple

Slice of fruit cake with soft cheese spread

Cost: 63p/90p*

Ham & soft cheese sandwich

A banana

Small tub of carrot sticks

Cost: 50p/75p*

Beef & onion salad sandwich

Tub of rice pudding & raisins

A banana

Cost: 65p/£1.03*

Mackerel potato salad

A slice of fruit loaf

Cherry tomatoes

Cost: 57p/77p*

*Costs were calculated based on the average price across 6 'bargain' style stores across Leeds (2016), including Tesco's Everyday Value range. Costs given denote average cost for primary/secondary pupil portions in accordance with statutory portion sizes.

OPTION 2

DAY 1



Rice with peas and a boiled egg
A handful of grapes
A small slice of malt loaf
Cost*: 55p/77p

DAY 2

Ham & cheese salad sandwich
A banana
3 oatcakes
Cost*: 60p/£1.01



DAY 3



Cheesy tuna & pea pasta salad
A handful of grapes
A fromage frais
Cost*: 64p/92p

DAY 4



Mixed bean & sweetcorn rice salad
Small handful of dried fruit
A handful of grapes
Cost*: 56p/96p

DAY 5



Ham, pea & soft cheese pasta salad
Small slice of plain sponge cake
An apple
Cost*: 78p/£1.16

*Costs were calculated based on the average price across 6 'bargain' style stores across Leeds (2016), including Tesco's Everyday Value range. Costs given denote average cost for primary/secondary pupil portions in accordance with statutory portion sizes.

OPTION 3

DAY 1



Ham & cheese salad sandwich
Oatcakes with peanut butter
Small tub of tinned pineapple
Cost*: 67p/£1.13

DAY 2



Tuna & sweetcorn pasta salad
Small tub of tinned peaches
A fromage frais
Cost*: 60p/85p

DAY 3



Chickpea & sweetcorn pasta salad
Small handful of dried fruit
Tub of rice pudding
Cost*: 54p/89p

DAY 4



Ham & cheese sandwich
Tub of carrot sticks
A clementine
Cost*: 49p/79p

DAY 5



Peanut butter & salad sandwich
A clementine
A fromage frais
Cost*: 51p/72p

*Costs were calculated based on the average price across 6 'bargain' style stores across Leeds (2016), including Tesco's Everyday Value range. Costs given denote average cost for primary/secondary pupil portions in accordance with statutory portion sizes.

Packed Lunch CREATIVE IDEAS AND TOP TIPS

TOOL 17



Creative ideas and top tips for exciting packed lunches

EAT ME

Write little notes or surprise messages in lunchboxes.



Play the smart swaps game - ask your child/children to swap food items to healthier alternatives. It's not about cutting food out but just making similar swaps.



Use fun and colourful Tupperware and swap it throughout the week.



Use stickers in and on lunch boxes to reward children for choosing to eat the healthy option in their lunchbox.

MENU

Create a menu for the week and ask your child/children help and take ownership for their own menu. Make sure you guide them to choose a balance in line with the packed lunch standards.



How to include more fruit:

Core and slice an apple then put it back together and pop an elastic band around it - bite size crunchy slices that are ready to eat and won't go brown!



Make fruit kebabs - putting fruit on a stick makes it much more exciting!

Make a pick 'n' mix style fruit selection - more colours, more flavours and more fun.



Mix grated hard cheese with grated apple a squeeze of lemon and a little mayonnaise - this makes a fruity coleslaw!



How to include more vegetables:

Try sticks of carrot, cucumber or pepper or cherry tomatoes. Children are much more likely to eat veg if it's in bite-sized pieces, and if they don't have to peel it themselves.



Try grated carrot or pepper as sandwich fillers - these are sweet and crunchy and less likely to make bread go soggy.

Pasta and rice salads are an easy way to pop some extra veg in - try pea, sweetcorn, grated carrots, courgette, celery or pepper.

