

St Charles advice for Packed lunches

We encourage parents to provide healthy well balanced packed lunches.

For children's aged 5 years and above preparing a healthy well balanced child's lunchbox, includes:

- Starchy foods – these are bread, rice, potatoes, pasta etc
- Protein foods – including meat, fish, eggs, beans etc
- A dairy item – this could be cheese or a yoghurt
- Vegetables or salad
- A portion of fruit
- A healthy drink such as water or milk

INCLUDE:

- Minimum of 1 portion of fruit and 1 portion of vegetables everyday
- Meat, poultry, fish and non-dairy protein e.g. pulses
- Oily fish at least once every few weeks (e.g. sardines, salmon)
- Starchy food such as bread, pasta, rice, potatoes including wholegrain varieties
- A dairy product milk, cheese and yoghurt
- Water or milk (semi-skimmed or skimmed).

LIMIT:

- Meat products sausage rolls, pies, sausages etc
- Cakes and biscuits to be enjoyed as part of a meal occasionally not as a snack
- Fruit juice 150mls per day

DO NOT INCLUDE:

- Salty snacks such as crisps, nuts etc
- Sweets and chocolate
- Sugary soft drinks

For more information and practical tips for children aged 5 years and above:
<https://www.nhs.uk/change4life-beta/recipes/healthier-lunchboxes>

For children, aged 1-4 years old, preparing a healthy packed lunch includes:

Foods to provide	Examples of foods that could be provided
<p>A portion of potatoes, bread, rice, pasta and other starchy carbohydrates (provide a variety of different starchy foods each week, including a wholegrain variety for lunch and tea once a week)</p>	<p>White or wholegrain bread, rolls, pitta bread or wraps. Chapattis. Plain naan bread. Bagels. Cooked pasta, rice, noodles, couscous or potato.</p>
<p>At least one portion of vegetables and/or fruit (provide a variety of different fruit and vegetables each week)</p>	<p>Carrot, cucumber, pepper or celery sticks. Lentils included in daal. Grated carrot in sandwiches or wraps. Fresh fruit such as sliced apple,*** banana, grapes, mixed chopped fruit or strawberries. Dried fruit such as raisins or apricots.</p>
<p>A portion of beans, pulses, fish, eggs, meat and other proteins (provide a variety of different foods each week)</p>	<p>Sliced meat, poultry or fish in sandwiches, rolls or wraps, or by itself. Sliced egg in sandwiches, rolls or wraps. Meat alternatives such as tofu in salads. Pulses such as kidney beans, chickpeas, lentils, as part of bean salads. Nut butter in sandwiches.*</p>
<p>A portion of dairy or an alternative (can be included as part of lunch and/or tea)</p>	<p>A pot of yoghurt or fromage frais. Cheese in sandwiches or wraps. Whole milk (for children aged one to two) or semi-skimmed (for children two and over) to drink.</p>
<p>Desserts, cakes, biscuits and crisps</p>	<p>Desserts made with cereals, milk or fruit. Avoid salty snacks such as crisps. Limit confectionery such as chocolate chips or hundreds and thousands, and use only as part of cakes or desserts. Limit provision of cakes and biscuits.</p>
<p>A drink</p>	<p>Whole milk (for children aged one to two) or semi-skimmed (for children aged two and over). Water.</p>

For more information and practical tips for children aged 1-4 years old:
https://static1.squarespace.com/static/59f75004f09ca48694070f3b/t/5a926d288165f549b5a68ca2/1519545646246/Packed_lunches_Dec17.pdf

	An average day's primary school lunch
Energy (calories/kilojoules)	557 kcals 2328 kJ
Total fat	Not more than 21.7 g
Saturated fat	Not more than 6.8 g
Total carbohydrate	Not less than 74.3 g
Non-milk extrinsic sugars	Not more than 16.3 g
Fibre (NSP*)	Not less than 4.5 g
Protein	Not less than 8.5 g
Iron	Not less than 3 mg
Calcium	Not less than 165 mg
Vitamin A	Not less than 150 µg
Vitamin C	Not less than 9 mg
Folate	Not less than 45 µg
Sodium‡	Not more than 745 mg (not more than 686 mg by 2010)
Zinc	Not less than 2.1 mg