

**T**here is a vast selection of drinks available for your child to have. Here are some suggestions

### Suitable

**Water** Cheap - put in a small plastic bottle to take to school.

**Milk** low in sugar. High in protein.

**Fruit juice** in small cartons with straws.

### Not Suitable

Glass bottle unsafe

Skimmed milk should not be given to the under 5's

Many varieties contain added sugar

You should check the school's policy as regards taking drinks to school. All schools provide water as a drink.

Continuous drinking of sweet and fizzy drinks throughout the day should be discouraged because it:

- is bad for teeth
- develops a habit for sweet drinks
- ruins appetite

**Drinks between meals should be water or milk**

**Packed lunches do not necessarily mean sandwiches. Try some of the ideas below to introduce a variety to your lunch.**

Try making scones and filling them with a variety of savoury fillings.

Pastry can be used as a basis for flans or quiches.

Pizza (perhaps left over from a previous meal).

Pitta bread filled with salad fillings.



## Food Safety is vital

**F**ood safety is vital and it is important to take steps to reduce the chance of food poisoning.

When buying chilled food take it home as quickly as possible.

Always store raw and cooked foods separately and cover them.

Start with a refrigerated packed lunch as it will keep cool for longer.

Keep packed lunches refrigerated wherever possible.

Invest in an insulated lunch box and ice-pack to keep contents cooler for longer.

Vegetables, fruit and salads should be washed before use.

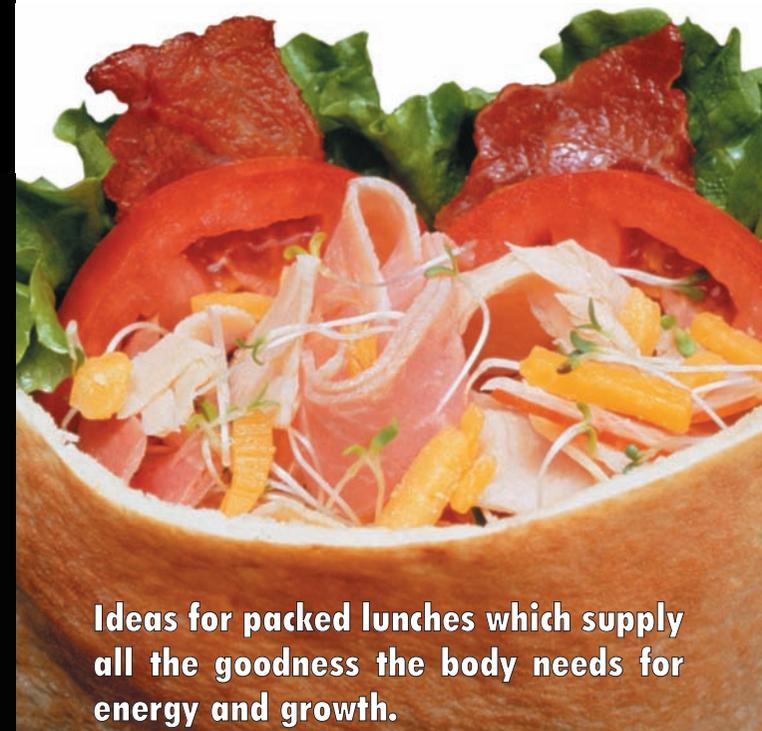
Eggs should be thoroughly cooked.

Check the dates and labels on food and follow the instructions.

Remember, by keeping your packed lunch cold you could reduce the risks of any problems.



## Packing a Healthy Lunch



**Ideas for packed lunches which supply all the goodness the body needs for energy and growth.**

## Packing a Healthy Lunch

A packed lunch is a complete meal and can supply all the goodness the body needs for energy and growth.

Packed lunches can be made interesting and exciting by using a wide variety of foods. This leaflet outlines the types of foods which need to be included for a healthy diet.

It also provides plenty of ideas for good packed lunches.

### A packed lunch should contain

- Food for Energy (Carbohydrate Foods)
- Food for Growth (Protein Foods)
- Food which keeps our Body Healthy (vitamins/minerals)

Remember that drinks (fluids) are also important. You need a variety of fluids.

## A Healthy Diet is one which is

**LOW** in sugar to prevent tooth decay and obesity.

**LOW** in fat to help prevent heart disease and obesity.

**LOW** in salt

**HIGH** in dietary fibre which is important for a healthy digestive system.

**Choose at least one item from each of the sections below for your packed lunch box. For example: Bread for sandwiches, tuna fish for filling. Fruit for afters. Sugar free squash.**

### Protein

Tinned fish (use fish canned in brine rather than oil) Hard boiled egg, Lean meat  
Vegetarian pastes e.g. houmous, tahini  
Cheese, cheese portions, cottage cheese  
soft cheese spread  
Peanut butter\*

### Vegetables and Fruit

Fresh fruit - Dried fruit,  
Tinned fruit drained of natural juice, Raw vegetable sticks, lettuce, tomato, cucumber, radish, water cress, celery, pepper sticks, carrot

### Dairy

Fromage frais,  
Yoghurt,

### Carbohydrate

Bread rolls, French stick,  
pitta bread, bagels, breadsticks, English muffins,  
pizza, crackers, scones, crumpets, teabread, tea cakes

### Sandwich Ideas

mashed sardines/pilchards and tomato, cold chicken, ham, corned beef, turkey and salad, cottage cheese, ham and pineapple, peanut butter\* & banana  
hard boiled egg with cress, cheese and grated carrot/marmite, tuna & sweetcorn

### Fluids

Mineral water  
Water  
Milk  
Sugar-free squash  
Unsweetened fruit juice  
Hot homemade soup

\* may not be suitable for children with allergies