

Did you know?

If your child doesn't like wholegrain bread, try the new breads made with half white and half wholemeal flour to boost their fibre intake.

Remember

Healthier treats may still contain sugar, so these should only be eaten at mealtimes when they are less damaging to teeth.

Did you know?

Sliced processed meats are higher in salt than meat you have cooked yourself. Why not use leftovers from dinner the night before?



Sandal Magna Community Academy

Lunchbox Guidelines

Tired of packing the same old lunch? Try these ideas to add variety

- Use different types of bread, such as pitta bread, bagels, wholemeal rolls, wraps or crusty rolls.
- Cook extra pasta or couscous in the evening and include it as an alternative to bread.
- Theme your lunchbox on a different country, eg Italy – add a pizza slice, Mexico – fill flour tortillas.
- Home-made soup (in a thermos flask) is great for cold days, while raw vegetables and salads are light and refreshing for warmer weather. Both are packed with essential vitamins and minerals.
- Get your child excited about packed lunches. Let them help choose their lunch. Pick a colourful lunchbox or let them decorate one with stickers.



The Sandal Magna Eco School Council have developed this leaflet. We hope this information is both useful and helpful. Enjoy your packed lunch!

Eating well is important. Children need to eat well as it will give them energy and nutrients to grow and develop, be healthy and active. A healthy, enjoyable lunch gives children the energy they need to learn and play at school.

Use the information in this leaflet to help make your child a healthier packed lunch.



There is **fresh water** available on all the dinner tables throughout lunchtime. Have as much as you like, as it is good for you!

If you have a healthy balanced lunchbox then a **small sweet treat** is fine!

Please **don't bring crisps** in your lunchbox as there are many more healthier alternatives.

Also, **drinks other than water** shouldn't be brought in lunchboxes as many contain **too much sugar**.

Here are some ideas for lunchboxes!

LunchBOX

Lunchbox 1

Bagel with tuna,
sweetcorn and
low fat mayo

Water

Fresh fruit
chopped into
yogurt



Lunchbox 2

Soda bread pizza with
tomato and cheese

Vegetable sticks with
hummus

Water

Lunchbox 3

Chicken, lettuce,
tomato roll

Fruit salad

Yogurt

Water



Lunchbox 4

Rice salad with salmon and
vegetables

Water

Handful
of raisins

Kiwi fruit



Lunchbox 5

Crackers and cheese

Slice of plain cake

Cherry tomatoes

Water

Here are some more ideas, yummy!

PLANNER

Lunchbox 6

Mixed salad pitta
bread

Banana

Yogurt

Water



Lunchbox 7

Chicken, lettuce,
tomato, onion and low fat
mayo wrap

Water

Pot of custard and grapes

Lunchbox 8

Egg and onion sandwich

Carrot sticks

Fruit pot

Water



Lunchbox 9

Vegetable soup and
wheaten bread

Apple

Water

Lunchbox 10

Cheese and onion
pasta

Grapes

Yogurt

Water

