



# Healthy Lunchboxes



**this is Redcar & Cleveland**

**Food4Health**

**Skelton Primary School**  
**Healthy Packed Lunches for Children**  
**What you need to know**

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 healthy packed lunch. Please support the school's food policy by following these guidelines.

# Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Each serving (150g) contains

Energy	74	139	249	0.8g
Protein	3.0g	1.3g	24g	0.8g
Fibre	4%	7%	36%	15%

of an adult's reference intake  
Typical values (as sold) per 100g edible 'straw'

Choose foods lower in fat, salt and sugars

Eat at least 5 portions of a variety of fruit and vegetables every day



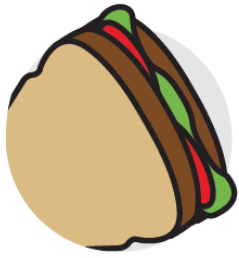
Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Water, lower fat milk, sugar-free drinks including tea and coffee all count.  
Limit fruit juice and/or smoothies to a total of 150ml a day.

Source: Public Health England in association with the British Government, Food Standards Scotland and the Food Standards Agency's Sustainable Impact

# Lunchbox Tips



## Keep them fuller for longer

Base the lunchbox on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.

Angelina says:

Use 50/50 bread for sandwiches



## Mix your slices

If your child doesn't like wholegrain, try making a sandwich from one slice of white bread and one slice of wholemeal/brown bread.

## Freeze your bread

Keep a small selection of bread in the freezer. Make lunchboxes more interesting by using different shapes, like bagels, pittas and wraps, and different types of bread, such as granary, wholemeal and multi-grain.





## DIY lunches

Wraps and pots of fillings can be more exciting for kids when they get to put them together. Dipping foods are also fun and make a change from a sandwich each day.



## Less spread

Cut down on the spread used and try to avoid using mayonnaise in sandwiches.



## Cut back on fat

Pick lower fat sandwich fillings, such as lean meats (including chicken or turkey), fish (such as tuna or salmon), reduced-fat cream cheese, and reduced-fat hard cheese.





## Ever green

Always add salad to sandwiches – it all counts towards your child's 5 A DAY.

## Always add veg

Cherry tomatoes or sticks of carrot, cucumber, celery and peppers all count towards their 5 A DAY. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.



Dana says:  
Swap crisps for popcorn

## Cut down on crisps

- If your child really likes their crisps try reducing the number of times you include them in their lunchbox and swap for homemade plain popcorn (for example flavoured with cinnamon) or plain rice cakes instead.





Harley says:  
Reduce sugary snacks  
and replace with fruit

### Add bite-size fruit

Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown.



### Tinned fruit counts

A small pot of tinned fruit in juice – not syrup – is perfect for their lunchbox and is easily stored in the cupboard.

Baxter Says:  
Check cereal bars as they  
contain lots of sugar



### Swap the cereal bars

Dried fruit such as raisins, sultanas and dried apricots are not only cheaper than processed cereal bars and snacks but can be healthier too. Remember to keep dried fruit to mealtimes as it can be bad for your child's teeth.



### Watch the teeth!

Dried fruit counts towards your 5 A Day, but can stick to teeth so should only be eaten at mealtimes to reduce the risk of tooth decay.

Holly says:  
We don't need lots  
of sugar



### Swap the sweets

Swap cakes, chocolate, cereal bars and biscuits for malt loaf, fruited teacakes, fruit breads or fruit (fresh, dried or tinned – in juice not syrup).



### Go low fat and lower sugar

Go for low-fat and lower sugar yoghurt or fromage frais and add your own fruit.





### Check your cheese

Cheese can be high in fat and salt so choose stronger-tasting ones – and use less of it – or try reduced-fat varieties of cheese.

Millie says:

Try and drink more  
water



### Add a drink

Swap fizzy drinks for plain water, semi skimmed milk or fresh fruit juice. (max 150ml)



### Get them involved

Get your kids involved in preparing and choosing what goes in their lunchbox. They are more likely to eat it if they helped make it.

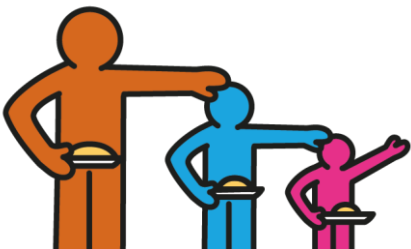


Ethan says:  
Use spices and low  
fat sauces

**Variety is the spice of  
lunchboxes!**

Be adventurous and get  
creative to mix up what  
goes in their lunchbox.

Ellie says  
Don't put too much in our  
lunchbox....we can't eat it  
all



**Me sized meals**

It's easy to put too many items  
in their lunchbox. Put the items  
on a plate before packing the  
lunchbox to see what it looks  
like



Berries

Grapes – cut  
in half  
lengthways



Carrot and  
Cucumber sticks

Cherry  
Tomatoes





Teacake

Malt Loaf



Plain popcorn

Homemade popcorn  
(for example flavoured  
with cinnamon)

Sugar free jelly



# Recipes

## Cheesy coleslaw with wholemeal pitta

### Ingredients

- 1 tsp reduced-calorie mayonnaise
- 1 tbsp low-fat Greek style yoghurt
- 1 thin slice of white cabbage, shredded (to give a handful)
- 1 small carrot, grated
- 2 spring onions or a slice of onion, chopped
- 20g reduced-fat cheddar cheese, finely chopped or grated
- Parsley, chopped (optional)
- 1 large wholemeal pitta bread



### Method

In a bowl, mix the mayonnaise and yoghurt.

Add the vegetables, cheese and, if using, parsley and mix.

Carefully split open the pitta bread and fill with the coleslaw.

*The coleslaw keeps well in the fridge so make it the previous evening to help with the morning rush!*

Complete your lunchbox with:

- 5 cherry tomatoes
- Small box of raisins
- 200ml semi skimmed milk

# Egg mayonnaise and lettuce bap

## Ingredients

- 1 egg
- 1 level tbsp reduced-calorie mayonnaise
- Large pinch of black pepper
- 1 large wholemeal bap
- Small wedge of lettuce, to give 2 tbsp when shredded



## Method

Place the egg in a small saucepan covered with water, bring to the boil and cook for 10 minutes. Plunge in cold water and leave to cool.

Remove shell and mash the egg with the mayonnaise and pepper.

Use to fill the bap, topping with the lettuce.

*Cook the egg the night before to save time in the morning rush. Try cress or baby spinach instead of the lettuce. Pat it dry before adding to the bap, to avoid soggy bread.*

Complete your lunchbox with:

- 5 cherry tomatoes
- Fruit snack pot (tinned fruit in juice)
- 200ml semi-skimmed milk



# Salmon and salad bagel

## Ingredients

- 1 wholemeal bagel
- Small can (105g) or half a large can of pink salmon
- 1 level tbsp reduced-calorie mayonnaise
- Large pinch of black pepper
- 4 slices of cucumber
- Small wedge of lettuce, to give 2 tbsp when shredded



## Method

Cut the bagel in half, toast and leave to cool.

Drain the salmon and remove the bones. Mix with the mayonnaise and pepper.

Spread the mixture on one half of the bagel, add the cucumber and lettuce and then top with the other half of the bagel.

*The fish bones in tinned salmon are edible and contain calcium, but remove them if your child doesn't like the texture.*

*Prepare the salmon mixture the night before and keep in the fridge to save time in the morning.*

Complete your lunchbox with:

- Handful of grapes cut in half lengthways (about 12)
- 1 plain rice cake
- 200ml semi-skimmed milk

# Soft cheese and salad sandwich

## Ingredients

- 2 thick slices of wholemeal bread
- 2 tbsp medium-fat soft cheese
- 3cm piece of cucumber, finely chopped
- 20g celery (about  $\frac{2}{3}$  of a stick), finely chopped
- Small wedge of lettuce, to give 2 tbsp when shredded
- Pinch of black pepper or paprika, optional



## Method

Spread both slices of bread with the cheese.

Spreading the cheese on both slices of the bread – and patting the salad dry – helps prevent a soggy sandwich!

Pat the salad dry and use to fill the sandwich, sprinkling with pepper or paprika if using.

*Try other salad vegetables, or even some pineapple.*

Complete your lunchbox with:

- An apple
- Fruit teacake
- Small bottle of water

# Spicy chicken and salad wrap

## Ingredients

- 1 tbsp low-fat Greek style yoghurt
- ¼ tsp of curry powder, to taste
- Large pinch of chilli powder, to taste
- 85g cooked chicken breast, chopped into small pieces
- 1 large wholemeal wrap
- Small wedge of lettuce, to give 2 tbsp when shredded
- 3 slices of cucumber, chopped
- 1 slice of pepper, chopped



## Method

Mix the yoghurt and spices to taste and add the chicken.

Spread the chicken mixture on the wrap and then sprinkle on the lettuce, cucumber and pepper.

Spread the chicken mixture on the wrap, and then sprinkle on the lettuce, cucumber and pepper.

Fold opposite edges of the wrap, to keep the filling in, then roll up and cut in half.

*This is a great way to use leftover roast chicken.*

*Try other salad vegetables – grated carrot and chopped celery work well, too.*

Complete your lunchbox with:

- Peach and strawberry slices
- Homemade popcorn (for example flavoured with cinnamon)
- 150ml fruit juice drink (with no added sugar)

# Tuna and bean salad

## Ingredients

- 3 tsp olive oil
- Juice of ½ lemon
- Large pinch of dried mixed herbs
- Large pinch of mustard powder
- Large pinch of black pepper
- 1 slice of pepper, chopped
- 2 spring onions, sliced
- 3cm piece of cucumber, chopped
- 1 heaped tbsp canned mixed beans in water, drained
- ½ x 160g can of tuna in spring water, drained
- To serve: 1 thick slice of wholemeal bread and lower-fat spread



## Method

Mix the oil, lemon juice, mixed herbs, mustard powder and black pepper.

Add to the salad vegetables, beans and tuna and mix gently. Serve with the bread and lower-fat spread.

*Double the recipe to use the rest of the can of tuna and save for the next day.*

*This would also work well with cold pasta as a pasta salad, instead of serving with bread.*

Complete your lunchbox with:

- A satsuma
- Slice of malt loaf
- 200ml semi-skimmed milk

# Tuna mayonnaise and sweetcorn sandwich

## Ingredients

- ½ x 160g can of tuna in spring water, drained
- 1 level tbsp reduced-calorie mayonnaise
- 1 heaped tbsp sweetcorn (tinned, or cooked from frozen)
- Large pinch of black pepper
- 2 thick slices of half and half bread



## Method

Mix the tuna with the mayonnaise, sweetcorn and pepper. Sandwich the mixture between the slices of bread.

*Mix the filling the night before and store in the fridge to save time in the morning.*

Complete your lunchbox with:

- 1 small carrot and a 3cm chunk of cucumber, cut into sticks
- 60g mixed berries
- 200ml semi-skimmed milk

# Creamy hummus dip with pitta bread and vegetable sticks

## Ingredients

- 2 heaped tbsp tinned chickpeas
- Juice of ½ lemon
- 1 tbsp low-fat Greek style yoghurt
- 1 tbsp olive oil
- ¼ tsp paprika (or to taste)
- ¼ tsp cumin (or to taste)
- 1 clove of garlic (peeled)
- 1 large wholemeal pitta bread, cut into strips
- 1 small carrot, cut into sticks
- 1 stick of celery, cut into sticks



## Method

Put the chickpeas, lemon juice, yoghurt, oil, spices and garlic in a bowl.

Using a hand blender, mix together until smooth.

Serve with the pitta bread strips and carrot and celery sticks.

*Make the hummus the previous evening and store in the fridge. As well as saving time, the flavours will have time to develop. If you're using a shop-bought hummus, choose a reduced-fat version.*

Complete your lunchbox with:

- Banana
- Sugar-free jelly pot
- Small bottle of water



# Hummus and salad wrap

## Ingredients

- 2 tbsp reduced-fat hummus
- 1 large wholemeal wrap
- 1 small carrot, grated
- Small wedge of lettuce, to give 2 tbsp when shredded

## Method

- Spread the hummus over the wrap, then sprinkle on the carrot and lettuce.
- Fold opposite edges of the wrap, to keep the filling in, then roll up and cut in half.



*If you're using a shop-bought hummus, choose a reduced-fat version. Or make your own*

*For the snack, pop the frozen fruit in a small pot and it will thaw by lunchtime. The kids will love mixing and swirling their yoghurt into it.*

Complete your lunchbox with:

- 5 cherry tomatoes
- 2 tbsp frozen mixed berries and 3 tbsp low-fat Greek style yoghurt
- 150ml fruit juice drink (with no added sugar) or 200ml water

# Notes

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**Healthy Schools**



For further information or additional copies visit our website

<http://www.skeltonprimaryschool.co.uk/Skelton>

or contact school office