

The Willow Tree Academy

Healthy Lunchboxes



Dear Parent/Carer

We pride ourselves on being healthy schools within the Academy. We encourage all our children to adopt healthy habits from a young age so that the message and benefits of healthy eating/living are life-long. We hope to work in partnership with yourselves to achieve this goal.

School meals are a great choice for your child, but if you choose to make a packed lunch for them instead please find attached some tips for preparing a healthier lunchbox.

We look forward to seeing what exciting new foods your children bring into school.

Please help us in supporting your child/ren in recognising healthy choices.

Thank you

Mrs J Fearnley

Executive Head

Lunchbox tips

Keep them fuller for longer



Mix your slices



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

If your child doesn't like wholegrain, try making a sandwich from one slice of white bread and one slice of wholemeal/brown bread, 50/50 bread or Best of Both.

Vary their meal

Make lunchboxes more interesting by using different shapes, like bagels, pittas, crackers 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.

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 **Go low fat and low**

sugar



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











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.

GRAINS / 2 serves Whole grain or high fibre 1 serve = 1 slice whole grain bread OR 1/2 cup of cooked pasta or rice OR 3 crispbreads 		FRUIT / 1 serve Washed and chopped 1 serve = 1 cup fruit salad OR 1 medium piece OR 2 small pieces 
VEGETABLES / 2 serves A colourful selection 1 serve = 1 cup salad OR 1/2 cup of cooked vegetables 		PROTEIN / 1 serve Keep cool for safety 1 serve = 80g lean chicken OR 1 cup baked beans OR 2 boiled eggs 
DAIRY / 1 serve Lower fat varieties 1 serve = 200g tub of yoghurt OR 1 cup of milk OR 2 slices of cheese 	SNACK / 1 extra For more active kids 1 serve = 1 medium banana OR Small bag of cereal OR 1 whole grain muesli bar 	WATER BOTTLE Keep kids hydrated regularly. Explain to them the importance of drinking by themselves, even before being thirsty. 

Variety is the spice of lunchboxes!

Please see below a list of healthy lunchbox school options and those which should be kept for after-school treats.

Lunchtime	After school (in moderation)
<p data-bbox="357 315 619 360"><u>Fill up Foods</u></p> <p data-bbox="220 376 751 524">Bread, wrap, pasta, bagel, crackers, rice, potatoes</p>  <p data-bbox="268 613 703 658"><u>Help you Grow Foods</u></p> <p data-bbox="201 680 772 725">Meat, fish, egg, protein food</p>  <p data-bbox="416 927 560 972"><u>Snacks</u></p> <p data-bbox="236 987 746 1182">Low fat yoghurt, piece of fruit, carrot sticks, cucumber batons, cherry tomatoes</p>  <p data-bbox="368 1352 608 1397"><u>Treat Time</u></p> <p data-bbox="236 1413 751 1509">Biscuit (plain or chocolate coated)</p> <p data-bbox="220 1525 756 1570">Small piece of home baking</p> <p data-bbox="384 1585 587 1630">Cereal bar</p> 	<p data-bbox="836 277 1378 421">Crisps (including: Quavers, French fries, Doritos, oven baked)</p>  <p data-bbox="884 801 1321 965"></p> <p data-bbox="879 981 1337 1025">Chocolate bars/sweets</p> <p data-bbox="995 1234 1219 1279">Dried fruit</p>  <p data-bbox="979 1487 1235 1532">Fizzy Drinks</p> 

Please do not send crisps, chocolate bars or fizzy drinks with your child's packed lunch.

Saturated Fat - Kids get a lot of their sat fat from...



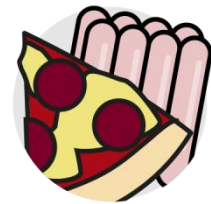
Butter / Cheese



Cakes / Pastries



Chocolate / biscuits



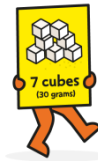
Sausages / Pizza



Sugar

Too much sugar can lead to the **build up of harmful fat** on the inside that we can't see. This fat around vital organs can cause weight gain and serious diseases in the future like **heart disease, type 2 diabetes** and **some cancers**. Having too much sugar can also cause **tooth decay**.

How much is too much?



4-6 years 7-10 years 11+ years

Snack smart!

Half the sugar children are having comes from snacks and sugary drinks.

Too much sugar can lead to harmful fat building up inside and serious health problems, including painful tooth decay.

Fruit and vegetables are always the best choice, but if you're shopping for packaged snacks for your children, use this helpful tip: look for **100 calorie snacks, two a day max!**

100 calorie snacks

There are lots of ways to help your kids have a healthier snack whether on the go or at home. Fresh fruit and veg are always a great choice for a snack. But sometimes our kids want other types of snacks, especially those in packages!

So to help you out, Change for Life suggest a handy tip when buying packaged snacks, look for '**100kcal, two a day max**'. It's to help you make quick decisions on packaged snacks when faced with lots of choice. It's not about calorie counting for the kids.

Parents have asked us for suggestions. Below are suggestions of what 100kcal packaged snacks look like

- Malt loaf slice
- Lower-fat, lower-sugar fromage frais
- Fresh or tinned fruit salad
- Chopped vegetables and lower-fat hummus
- Plain rice cakes or crackers with lower-fat cheese
- Sugar-free jelly
- One crumpet
- One scotch pancake

Remember to always check the label as products may vary.

You can buy snacks that are 100 calories and lower in sugar. Many products have **traffic light labels** on the front of the pack.

The calories are included on the far left-hand side of the label. Choose snacks with more greens and ambers on the label, and cut down on snacks that show any reds.

Not all packaged food has traffic light labels, but you can find out what you need to know about your snacks with the free Food Scanner app.

Salt

It's not just salt added to cooking or at the table that we need to watch out for. In fact, three-quarters of the salt we are eating is already in the food we buy. These contain a lot of salt - even though they may not taste salty.



Sausage

Pizza

Crisps

Gravy

Bacon

Pastries

Salted Nuts

Brown sauce

Ham

Cheese

Mustard / ketchup

Too much salt can put our children at risk of high blood pressure and heart disease later in life.

How much is too much?



4-6 years 7-10 years 11+years Thankyou for your support in helping us maintain our healthy schools and healthy children.

'A Healthy outside starts from the inside'

