

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 children in recognising healthy choices.

Thankyou

Mrs J Fearnley

Executive Head

Lunchbox tips

Keep them fuller for longer

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



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, 50/50 bread or Best of Both.



Vary their meal

Make lunch boxes 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.



Evergreen

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

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



Go low fat and low sugar

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



Check your cheese

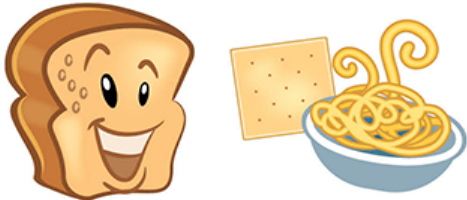

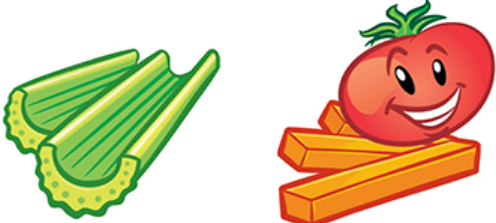




Cheese can be high in fat and salt so choose stronger-tasting ones – and use less of it – or try reduced-fat varieties of cheese.





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

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="373 472 600 510"><u>Fill up Foods</u></p> <p data-bbox="264 517 711 600">Bread, wrap, pasta, bagel, crackers, rice, potatoes</p>  <p data-bbox="296 824 679 862"><u>Help you Grow Foods</u></p> <p data-bbox="248 869 727 907">Meat, fish, egg, protein food</p>  <p data-bbox="424 1160 552 1198"><u>Snacks</u></p> <p data-bbox="217 1205 759 1332">Low fat yoghurt, piece of fruit, carrot sticks, cucumber batons, cherry tomatoes</p>  <p data-bbox="389 1554 584 1592"><u>Treat Time</u></p> <p data-bbox="193 1599 783 1720">Biscuit (plain or chocolate coated) Small piece of home baking Cereal bar</p> 	<p data-bbox="815 517 1398 600">Crisps (including: Quavers, French fries, Doritos, oven baked)</p>  <p data-bbox="903 958 1302 996">Chocolate bars/sweets</p>  <p data-bbox="1015 1173 1190 1211">Dried fruit</p>  <p data-bbox="999 1429 1206 1467">Fizzy Drinks</p> 

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

Butter / Cheese



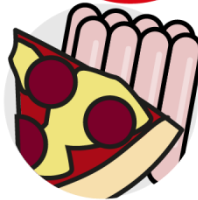
Cakes / Pastries



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.

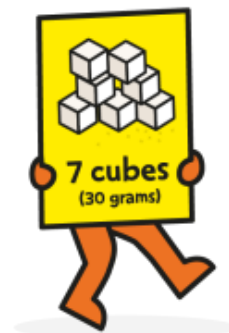
How much is too much?



4-6 years



7-10 years



11+ years

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.

<i>Sausage</i>	<i>Pizza</i>	<i>Crisps</i>	<i>Gravy</i>
<i>Bacon</i>	<i>Pastries</i>	<i>Salted Nuts</i>	<i>Brown sauce</i>
<i>Ham</i>	<i>Cheese</i>	<i>Mustard</i>	<i>ketchup</i>

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

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 suggests 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.

Thankyou for your support in helping us maintain our healthy schools and healthy children.

'A Healthy outside starts from the inside'

