

Healthy packed lunches at Alexander McLeod Primary School

When providing your child with a packed lunch for school, please use the guidance on the Change4Life website. This suggests that all children have a main course (sandwich, wrap, pita, etc...), some fruit and a healthy snack (cereal bar, yoghurt, rice cakes, etc...). You do not need to provide your child with a drink as fresh drinking water will be given to each child whilst they eat their lunch and is also available at the fountains on the playground. These guidelines also apply to when children are out on school visits.

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

Here are some lunch box tips from Change4Life:



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 or plain rice cakes instead.



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.



Swap the fruit bars

Dried fruit such as raisins, sultanas and dried apricots are not only cheaper than processed fruit 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.



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.



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.



Variety is the spice of lunchboxes!

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



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 a sandwich from one slice of white 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 fun for kids when they get to put them together. Dipping foods are also fun and make 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 meats (including chicken or turkey) or 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, celery and peppers all count towards 5 A DAY. Adding a small pot of reduced-fat dips may help with getting vegetables.

Healthy eating at Alexander McLeod Primary School

We are very proud to have achieved the Healthy Schools London bronze, silver and gold award in the last academic year. To ensure we keep this high standard, we have very high expectations of everyone in our school in relation to healthy eating. Therefore, please be aware that if it is your child's birthday, they may not bring in sweets/unhealthy snacks to celebrate with their class. However, we gladly welcome fruit (if you did wish to bring anything in) or the purchase of a book for your child's class. Additionally, when you collect your child from school, if you wish to bring them a snack, please ensure it is something healthy, such as fruit, and not something high in sugar or fat.