

A Balanced Packed Lunch

As a Healthy School St Stephens has a duty to promote healthy lifestyle choices within its community. We have therefore listed below some ideas of food which could be included in a child's packed lunchbox. The ideas were selected from choices available from national nutritional guidance.

Idea 1

- Tuna pasta salad with sweetcorn
- Apple
- Fruit Muffin
- Cereal bar

Idea 2

- Roast beef and salad sandwich
- Cherry tomatoes
- Small box of raisins
- Fromage frais
- Satsuma

Idea 3

- Tuna and sweetcorn wholemeal sandwich
- Fruit yoghurt
- Tub of Kiwi fruit slices
- Low fat crisps

Idea 4

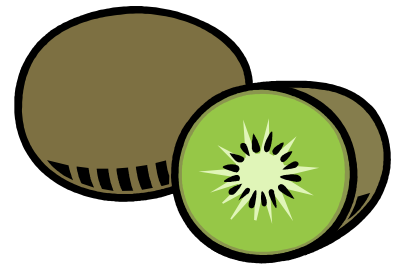
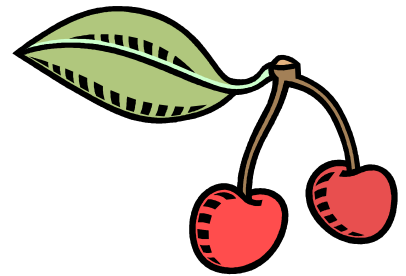
- Mini pitta pockets with cheese and coleslaw
- Piece of malt loaf
- Small bunch of grapes
- Cucumber sticks

Idea 5

- Crusty brown roll with chicken and salad
- Low fat trifle
- Banana
- Carrot sticks

Idea 6

- Plain bagel with egg mayonnaise and cress
- Tub of mixed salad
- Small packet of dried apricots
- Pear



These are example ideas that but they do show how it is possible to create a lunch box which provides the full range of nutrients and vitamins needed for healthy grow and good mental alertness. The eating habits children develop when they are young have a direct impact on their future well being.

If parents have any other good ideas for packed lunchbox contents do let us know!