Love your school lunch!

Our PhunkyFoods Healthy Lunch message highlights to children the importance of choosing a healthy, well balanced school lunch; whether that's a hot school meal or a packed lunch brought in from home.

School meals & the School Food Standards

In July 2013 the School Food Plan was published by the Department for Education. As part of that plan a new set of standards for all foods served in schools was launched and became mandatory from January 2015. In September 2014 universal free school meals (UFSM) were introduced to all infant pupils across England.

Evidence has repeatedly shown that school meals are of higher nutritional quality than packed lunches, and universal free school meals do appear to improve primary school educational attainment - so why not give them a try? If your child(ren) hasn't tried it already, or it's been a while since they tried school meals, perhaps it's time to give them a go?

Packed lunches

Many parents opt to send their child(ren) to school with a packed lunch. The first thing to consider is whether or not your school has a packed lunch policy, and these come in all sorts of shapes and sizes, but they are generally put in place for very positive reasons.
For example:

- to promote consistency between packed lunches and foods provided by school
- to make a positive contribution to children's health, or;
- to encourage children to be calmer and on-task during the afternoons.

Further information:

- www.nhs.uk/change4life/recipes/healthier-lunchboxes
- www.phunkyfoods.co.uk/ parent/a-healthy-lunch- parents-information/
- http://whatworkswell.schoolfoodplan.com/articles/category/1/the-food

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Love your packed lunch!

Pin me up!

Create a healthier packed lunch by choosing foods from the 5 main food groups below:

1 Starchy Carbohydrates

to re-fuel your body

Base your lunchbox on starchy carbohydrates.

Choose ONE EVERY DAY from:

- ✓ Bread, rolls, bagels, wraps, pitta or baguettes
- ✓ Pasta
- ✓ Couscous
- ✓ Noodles
- ✓ Potatoes

2 Fruit and Vegetables

to keep you healthy

Pack one portion of fruit and one portion of veg every day

Choose TWO EVERY DAY from:

- ✓ Apple, banana, pear, orange, plums
- ✓ Small pot of mixed berries or grapes
- ✓ Prepared melon or mango
- ✓ Chopped vegetable sticks: carrots, cucumber, pepper, celery, mange tout, mini corn
- ✓ Salad vegetables
- ✓ Vegetable Soup

3 Dairy and Alternatives

for healthy teeth and bones

Don't forget the dairy!

Choose ONE EVERY DAY from:

- ✓ Milk
- ✓ Cheese – hard cheese, soft cheese, cheese spread
- ✓ Yoghurt or Fromage Frais
- ✓ Custard

4 Protein Foods

for growth and repair

Pack a protein punch!

Choose ONE EVERY DAY from:

- ✓ Meat
- ✓ Fish
- ✓ Eggs
- ✓ Non-dairy protein e.g. lentils, chick peas, beans

5 Drinks

to rehydrate your body

- ✓ A large glass of water
- ✓ Semi skimmed milk – or skimmed milk for children over 5 years.
- ✓ 150ml of fresh unsweetened fruit juice/smoothie

Occasionally!

Meat products such as sausage rolls, pies, sausages

Plain cakes/ sponges and biscuits of appropriate portion sizes

For more healthy packed lunch ideas and recipes visit www.phunkyfoods.co.uk/recipes

www.phunkyfoods.co.uk

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