



**Darlinghurst Academy**

# **A Parent's Guide To A Healthy Lunchbox**





What Types of food should be in a healthy lunchbox?

A healthy lunchbox should contain plenty of foods that provide the nutrients that children need, opposed to foods that are high in sugar and saturated fat. A healthy lunchbox should always contain a drink and at least one item of the 4 staple foods:

### **Starchy Foods**

- Good examples of these are wholemeal breads, pasta or rice. These food are a good source of energy and B vitamins

### **Protein Foods (Lean Meat, Eggs, Fish or Beans)**

- Such as ham, egg, chicken or hummus. These foods are important for growth and repair.

### **A Dairy Product**

- This could be cheese, yoghurt or semi-skimmed milk. These foods contain calcium and help to promote strong teeth and bones

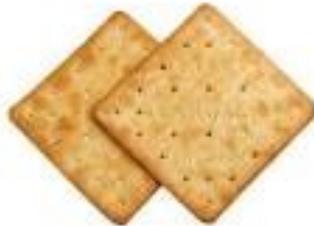
### **Vegatables, Salad Or A Portion Of Fruit**

- For example a bannana , an apple, celery or carrot sticks. These types of foods are full of vitamins and minerals.

Drinks should not be high in sugar. Water, semi-skimmed milk or unsweetened fruit juice are good examples.

Chocolate, crisps and cakes should be saved for occasional treats. Healthy alternatives include: fruity flapjacks, plain popcorn or raisins.

## Food we would like to see in your lunchbox:



## Food that should NOT be in a lunchbox:



## Food Safety Tips

- Use an insulated lunch box & ice packs to keep lunch cool until it is eaten. This is particularly important for meat, fish and dairy products.
- Ensure the lunchbox and food containers are cleaned regularly
  - Wash all fruits and vegetables thoroughly

At Darlinghurst we are committed to being a healthy school which is why we think it is important that our pupils are eating healthy lunches. We do our best to ensure the school dinners are healthy and balanced and we would expect the contents of lunchboxes to be of the same standard.

