

St Bernadette's Guidance on a Healthy Lunchbox



Lunch box guidance



Coming up with packed lunches for school can be tricky – they need to include food children will enjoy and tick all the health boxes.

With more than half of all children in primary schools bringing in their own meals, it's no wonder many busy parents end up resorting to the simple lunch of a ham sandwich, piece of fruit, chocolate biscuit and crisps.

A recent study* by the University of Leeds found that fewer than two out of every 100 lunchboxes belonging to primary-aged children met the same strict standards that are now in place for school dinners.

It's worth checking with your child's school for their individual lunchbox guidelines, but here's how to swap a typical lunchbox for five healthier packed lunches.

They're easy to make – and tasty enough to be a hit with the kids!

*asdagoodliving.co.uk

Small swaps



White bread - Wholegrain rolls, wraps, pittas, bagels or oatcakes for variety and to boost fibre. Or use leftover wholemeal pasta or noodles, brown rice or potatoes as the base for a salad (just make sure it's been refrigerated and stored safely).

Ham (a popular go-to filling but it's high in fat and saturates) - eggs, tinned tuna, salmon, sardines, mackerel, cooked prawns and humous.

A whole apple - Cubes of melon, pineapple or mango, tubs or pots of fruit salad in fruit juice (not syrup), and small amounts of dried fruit like raisins or apricots. All provide fibre, vitamins and minerals. Grapes are also a good choice but halve these to avoid a choking hazard.

Crisps and/or a chocolate biscuit - Plain popcorn, mini packs of breadsticks, pots of sugar-free jelly, fruit or malt loaf, or small fruit scones, which are ones with lower levels of sugar and saturated fat.






























Vegetables - A little tub of carrot, celery or pepper sticks, sugar snap peas or halved cherry tomatoes. Pulses – beans, peas and lentils – count as veg too. They're a great source of fibre and add a variety of vitamins and minerals.

Dairy - A small portion of reduced-fat cheese, A small portion of reduced-fat cheese (this can go into a sandwich or salad), a pot of yogurt, fromage frais, rice pudding or reduced-fat custard or a small carton or bottle of reduced-fat milk.

A carton of juice drink – Water, lower-fat milk is also a good choice. Skip drinks that contain added sugar and if you're going to include fruit juice, stick to a 150ml serving and top it up with water.

LUNCHBOX MAKEOVER

Kick things off with our simple menu – then mix and match to come up with your own combos, taking one item from each section per day

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BASE	1 Baker's Selection White & Wheat Tortilla Wrap, 89p (8-pack; 11p each) 	4 skin-on, boiled, chopped Asda New Potatoes 	5tbsp cooked wholewheat penne mixed with 1tbsp red pesto 	1 Baker's Selection Wholemeal Pitta, 45p (6-pack; 8p each) 	2 slices Extra Special Wholemeal & Rye Loaf, 89p (800g; 11p/100g) 
FILLING	3tbsp Asda Reduced Fat Houmous, 85p (200g; 43p/100g) 	½ can tuna chunks in spring water mixed with 1tbsp light mayonnaise 	½ a grilled, chopped Butcher's Selection Chicken Breast Fillet 	1 boiled egg mashed with 1tbsp light mayonnaise 	1tbsp no added sugar or salt peanut butter 
VEG	1 small carrot, grated and added to the wrap 	2tbsp cooked sweetcorn and 2 chopped spring onions mixed with the tuna 	½ diced red pepper, added to the pasta 	1 handful halved* Grower's Selection Cherry Tomatoes 	Crudité's made from ½ carrot and ½ green pepper 
FRUIT	1 handful grapes, halved* 	1 orange, cut into wedges 	1 diced portion Cantaloupe 	Handful Grower's Selection Blueberries 	1 banana, either eaten on its own or added to the sandwich 
DAIRY	1 small pot low-fat fruit yogurt 	1 pot Little Angels Organic Fromage Frais, £1 (6x50g; 33p/100g) 	1 Mini Babybel Light, £1.84 (120g; £1.53/100g) 	1 pot Ambrosia Light Rice, 50p (150g 33p/100g) 	Dip – mix cucumber, garlic and lemon juice into ¼ pot Asda Fat Free Greek Style Yogurt, 50p (200g; 25p/100g) 
TREAT	1 small pack Chosen by you Mini Breadsticks, £1.25 (132g; 95p/100g) 	2 handfuls unsalted popped** Asda Popcorn Kernels, £1.25 (500g; 25p/100g) 	1 bar Soreen Malt Lunch Box Loaves, was £1, now 75p* (5-pack; 15p each) 	1 bar nākd. Banana Bread 	1 pot Hartley's No Added Sugar Jelly, 50p (115g; 43p/100g) or 7 for £3 