

Why do we want our children to have healthy packed lunches?

At Bowlee Park, we want to encourage our children to adopt a healthy diet and lifestyle. Promoting healthy choices for our children is a priority and will benefit them, not only as children, but later on in life too.

Lunchtime is an important part of a child's school day. A healthy lunch gives children the energy they need to work and play for the rest of the day.



What are the benefits of a healthy packed lunch?

- Healthy sources of energy
- Provides vitamins, minerals and fibre
- Provides calcium for healthy bones and teeth
- Provide protein for growth

What can the negative impacts of an unhealthy packed lunch be?

- Tooth decay
- Obesity
- Poor growth
- Lack of energy and tiredness
- A big impact on learning through poor concentration

What healthy choices can our children make?

Carbohydrates are a good source of energy and nutrients. These starchy foods can include **wholegrain rolls, sandwiches pasta, rice or noodles.**



Protein provides us with necessary vitamins and minerals. Adding **chicken, ham, egg, fish or beans** to starchy foods can increase our protein intake.

Dairy products contain calcium, which keeps our bones healthy! **Cheese, milk and yoghurts** (not chocolate) are great for snacks.



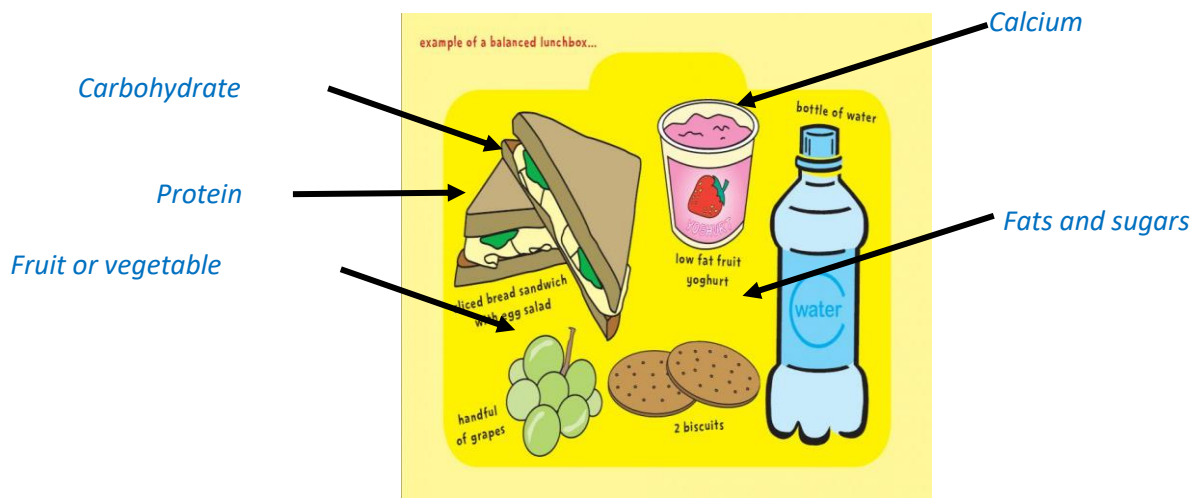


Fruit and vegetables should be eaten with every meal, as they are a good source of vitamins, minerals and fibre. **Apples, oranges, carrots and cucumbers** are just a few examples.



Fats and sugars need to be eaten less often and in small amounts. **One** occasional treat can be included in your child's packed lunch. For example, **a flapjack or a granola bar**.

Remember to drink plenty of fluids but not fizzy drinks! Water, sugar free juice or milk are better alternatives.



Here are some more examples

of healthy packed lunches!

Hummus dip with pitta and vegetable sticks

Spicy chicken and salad wrap

Cheesy coleslaw with wholemeal pitta



Did you know.....?



A penguin bar has 10 grams of sugar in it!



2.4 teaspoons

A chocolate flake yogurt has 20 grams of sugar in it!



4 teaspoons



Children aged 7 to 10 should have no more than 24g of free sugars a day (6 sugar cubes). Children aged 4 to 6 should have no more than 19g of free sugars a day (5 sugar cubes).

For more healthy and cost effective packed lunch ideas, please visit:

NSH Lunchbox ideas and recipes - <https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

BBC Good Food - <https://www.bbcgoodfood.com/recipes/collection/school-lunch-recipes>