Packed Lunch Workshop

Healthy packed lunch ideas for parents

Perivale Primary School

The eatwell plate

Healthy skin and eyes

Iron for healthy blood and tissue repair

Vegetables and fruit

Protein

Rotten teeth and weight gain

Junk

Dairy

Starchy

Healthy teeth and strong bones

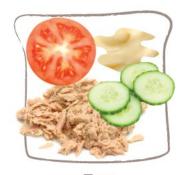**Helps us go to the toilet regularly and gives us energy**

Sandwiches

Try these combinations for a tasty sandwich

Hawaiian

LOW FAT CHEESE / HAM
PINEAPPLE / TOMATO

Tuna

TUNA / TOMATO / CUCUMBER
LOW FAT MAYONNAISE

Beef

BEEF / TOMATO / RED ONION
LETTUCE / MUSTARD PICKLES

Leftovers

DINNER
LEFTOVERS

Egg

EGG / LETTUCE / CUCUMBER
LOW FAT MAYONNAISE

Turkey

TURKEY / TOMATO
LETTUCE / AVOCADO

Chicken salad

CHICKEN / LETTUCE / TOMATO
LOW FAT MAYONNAISE

Salad

CARROT / LETTUCE / CUCUMBER
BEETROOT / TOMATO / AVOCADO

Australian Red Cross
THE POWER OF HUMANITY

In association with

Queensland Government

Spiritus
The Anglican Church caring

ACCES
services inc

Smart lunchbox snap swaps

All healthy snacks cost less than 50p*

CRISPS — Swap these for these

BARS — Swap these for these

DRINKS — Swap these for these

TREATS — Swap these for these

DAIRY — Swap these for these

Tips for fussy eaters

Here are some tips to encourage children to eat healthy food

Involve child in making food

Disguise veges in dishes

Let child chose lunchbox

Don't offer bribes

Explain why we need healthy food

Don't make a fuss or force

Eat the same healthy foods

Make lunchboxes fun

Eat meals around a table

Remove distractions when eating

Avoid buying junk food

Build on favourite foods

Ealing
www.ealing.gov.uk

Healthy Schools
EALING

One minute packed lunches under £1

60p

10p

0p

25p

TOTAL COST: £0.95

65p

20p

0p

10p

TOTAL COST: £0.95

Ealing
www.ealing.gov.uk

Healthy Schools
EALING

One minute packed lunches under £1

50p

10p

0p

30p

TOTAL COST: £0.90

70p

5p

0p

LEFTOVERS

20p

TOTAL COST: £0.95

Ealing
www.ealing.gov.uk

Healthy Schools
EALING

One minute packed lunches under £1

| 25p | 25p | 0p |
| 35p | |

TOTAL COST: £0.85

| 30p | 20p | 0p |
| 45p | |

TOTAL COST: £0.95

Ealing
www.ealing.gov.uk

Healthy Schools
EALING

One minute packed lunches under £1

60p

10p

0p

25p

TOTAL COST: £0.95

50p

15p

0p

30p

TOTAL COST: £0.95

Ealing
www.ealing.gov.uk

Healthy Schools
EALING

PACKED LUNCH POLICY

YOUR CHILD'S PACKED LUNCH SHOULD INCLUDE ONE PORTION OF:

FRUIT	VEGETABLES	MEAT, EGG, BEANS OR FISH	STARCHY FOOD E.G. SANDWICH, RICE OR PASTA	MILK, CHEESE OR YOGHURT	BOTTLE OF WATER

YOUR CHILD'S PACKED LUNCH SHOULD NOT INCLUDE THESE FOODS:

CHIPS & OTHER HIGH FAT SNACKS	CHOCOLATE BARS, SWEETS, CAKES	PASTRY/FRIED FOODS	CEREAL BARS	SOFT DRINKS

INSERT SCHOOL LOGO HERE

10

A healthy balanced lunch in 4 steps

1. Fill up on starchy foods by making a sandwich with bread, pitta or a roll, or make a salad with pasta, potato, couscous, lentils, rice or chickpeas.

3. Add 2 or more fruit or veg to a salad, sandwich or eat as a snack.

2. Add a little protein to sandwiches or salad.

A treat sometimes is ok but chose healthier snacks.

4. Take water or milk as a drink in bottle.

Ealing
www.ealing.gov.uk

Healthy Schools
EALING

YUMMY PIZZA MUFFINS

Method

1. Cut the muffins in half to create four pizza bases and spread the tomato-based sauce over each pizza base.
2. Tear the ham, mozzarella and basil into small and share it between the pizzas.
3. Add sweetcorn and any other toppings, such as sliced mushroom, chopped cherry tomatoes, diced courgette or canned tuna.
4. Place them under the grill for a few minutes until the cheese begins to turn brown.

Ingredients

- 2 English muffins
- 40ml tomato based sauce
- 2 slices of ham
- 1 handful of basil leaves
- 2x 15ml spoons sweetcorn (canned
- 60g mozzarella cheese

5 mins prep

3 mins cooking

Serves 1

5/5 for taste

CHICKEN WRAP

1. Place each tortilla onto a plate, cover with cling and warm through in the microwave for 10 seconds. (This makes them easier to roll or wrap even if they are being served cold).

2. Spread each tortilla with a little sour cream, top with sliced chicken, sliced peppers, grated cheese and sliced cherry tomatoes. Fold over the end facing you (to stop the filling falling out) and then fold in the sides over each other.

Ingredients

- 4 wholemeal tortilla wraps
- 140g sliced chicken
- 1 pepper, deseeded, thinly sliced
- 100g low-fat cheese, grated
- 12 cherry tomatoes, halved
- 2tbsp low-fat sour cream

5 mins prep

10 secs

Serves 4

4/5 for taste

TUNA PASTA SALAD

Ingredients

- 100g pasta animals
- ¼ red and yellow pepper, chopped into small pieces
- 40g low-fat cheese, in cubes
- 40g sweetcorn, drained
- 50g frozen peas, defrosted
- 1tbsp light mayonnaise
- squeeze of lemon juice
- 150g tinned tuna, drained

Method

1. Cook the Goodness pasta animals according to the packet, drain and refresh in cold water. Set aside in a large bowl.
2. Add the diced peppers, cheese cubes, sweetcorn and peas. Mix together the light mayonnaise and lemon, and stir through the pasta.
3. Stir through the tuna and then chill until ready to serve.

- 5 mins prep
- 10 mins cooking
- Serves 1
- 4/5 for taste

MEXICAN LAYERED SALAD

Ingredients

- 3/4 cup Balsamic dressing
- 1 lime, *juiced*
- 2 avocados, *diced*
- 2 sweet red peppers, *diced*
- 2 cups diced tomatoes
- 1 can black beans, *drained and rinsed*
- 1 1/2 cups cooked corn (canned)

Method

1. In bowl, mix together balsamic-tomato dressing and lime juice
2. In separate bowl, toss white rice and 4 Tbs. dressing mixture. In another separate bowl, gently toss diced avocados and 2 Tbs. dressing mixture.
3. In 6 small Tupperware containers, layer peppers, avocados, beans, rice, tomatoes and corn. Drizzle with remaining dressing mixture. Or toss all ingredients together to serve.

- 5 mins prep
- 10 mins
- Serves 5
- 5 for taste

Cost of healthy lunchbox v's unhealthy lunchbox

70p

5p

0

20p

TOTAL COST OF HEALTHY LUNCHBOX: £0.95

40p

17p

50p

32p

TOTAL COST OF UNHEALTHY LUNCHBOX: £1.39

Ealing
www.ealing.gov.uk

Healthy Schools
EALING

Cost of healthy lunchbox v's unhealthy lunchbox

45p

10p

0

20p

TOTAL COST OF HEALTHY LUNCHBOX: £0.75

60p

28p

30p

50p

TOTAL COST OF UNHEALTHY LUNCHBOX: £1.68

Ealing
www.ealing.gov.uk

Healthy Schools
EALING

Cost of healthy lunchbox v's unhealthy lunchbox

50p

7p

0

30p

TOTAL COST OF HEALTHY LUNCHBOX: £0.87

30p

50p

40p

32p

TOTAL COST OF UNHEALTHY LUNCHBOX: £1.52

Ealing
www.ealing.gov.uk

Healthy Schools
EALING

12 Budget lunchbox ideas

Here are 12 ideas to help you save money on packed lunches.

1 Buy fruit by the kilo

2 Buy supermarket brands

3 Buy rolls in bulk

4 Pop your own popcorn

5 Pack dinner leftovers

6 Buy reduced to clear items

7 Fill a bottle with tap water

8 Portion yoghurt into single serves

9 Replace meat with pulses

10 Look for special offers

11 Buy veg and fruit frozen or canned when out of season

12 Look above and below eye level

Food labels include nutrition information that can help us make healthier food and drink choices. By eating well and staying in shape, we can reduce our risk of cancer and other diseases like heart disease and Type 2 diabetes.

Types of nutrition information on packaging:
- ◆ Nutrition tables – found on most pre-packed foods and drinks, usually printed on the back
- ◆ Front-of-pack labels – simplified nutrition information (such as traffic light colour-coded labels) found on the front of some pre-packed foods and drinks
- ◆ Ingredients – listed in order of amount (by weight), from highest to lowest

How to use front-of-pack labels
Looking at front-of-pack labels is the easiest way to see whether a food is a healthy choice. You can use them to compare products. They also show if it's okay to eat a food often (or in large amounts), or if it should be an occasional treat (or eaten in small amounts).

Not all foods and drinks have a front-of-pack label
Front-of-pack labels are voluntary, but the Government is encouraging manufacturers and retailers to use one consistent design as widely as possible. See the example below.

What's a 'serving'?
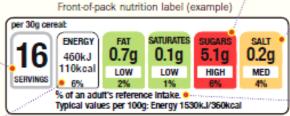Food manufacturers decide what is an acceptable 'serving' or portion size.

It's important to check the portion size – even similar types of food might use different sized portions. This example provides the nutrition information for a 30g serving of breakfast cereal, even though many of us would eat more than this.

Nutrients – *fat, saturates, sugars and salt*
Labels show the amount of each nutrient in a portion, in grams. The amounts will also be colour-coded so you can easily see if that amount is high (red), medium (amber) or low (green).

Which colour?
The colour is decided by the amount of each nutrient there is in 100g. In this example, salt is in the amber (medium) category. See the back of the removable card to find out how the categories are decided.

At a glance: making sense of food and drink labelling
Front-of-pack nutrition label (example)

per 30g cereal:

	ENERGY	FAT	SATURATES	SUGARS	SALT
16 SERVINGS 6%	460kJ 110kcal	**0.7g** LOW 2%	**0.1g** LOW 1%	**5.1g** HIGH 6%	**0.2g** MED 4%

% of an adult's reference intake.
Typical values per 100g: Energy 1530kJ/360kcal

Always remember to check the serving size these values are for. They may not be for the amount you usually eat or drink.

Reference Intake
These percentages show how much a portion provides of the 'reference intake' – the daily maximum amount of each nutrient for an average adult. Exactly how much you need depends on your size and lifestyle, and remember these amounts are an upper limit for most people, not a target to aim for.

Energy
Energy is measured in kilojoules (kj) and kilocalories (kcal – often called calories). Labels show the amount in 100g (100ml for drinks), the amount in a portion, or both. Remember to check which you are looking at so you don't under or overestimate the calories you'll actually be eating or drinking. An average woman needs about 2,000 calories a day and an average man needs about 2,500 calories. Children and older adults tend to need less, whereas teenagers and very active people may need more.

Does red mean stop?

The more reds on a front-of-pack label, the less healthy the food is likely to be. Most foods with more than one or two reds should only be eaten occasionally. There are some exceptions that you can include in a healthy balanced diet. For example, cheeses are a good source of calcium and protein, and nuts contain healthy fats, vitamins and minerals. So you don't need to cut out these foods altogether, just try to eat them less frequently or only in small amounts.

If a food has all or mostly greens, it's likely to be a healthier choice and you can eat it often or in larger amounts. Amber means a food is neither high nor low in a nutrient, so you can eat foods with all or mostly ambers quite often.

What does 'no added sugar' mean?

'No added sugar' means exactly that – that manufacturers haven't added any sugar to the food or drink. But this doesn't necessarily mean it doesn't contain any sugar. For example, fruit contains natural sugars, meaning that dried fruits and fruit juices may have amber or even red labels for sugar.

You can check if sugar has been added by reading the ingredients list – as well as 'sugar', look out for words ending in '–ose' as these can be other words for sugar. For example, sucrose, glucose and fructose. Ingredients are listed in weight order, so if any of these appear near the top of the list, the product is likely to be very sugary.

Remember, both added and naturally-occurring sugars are calorific and can damage your teeth so you should try to limit how much you have.

'Use by' vs 'best before'

Use by dates are included on foods and drinks that go off quickly, such as fresh milk and meat. Beyond the printed date they are no longer considered safe to eat. Best before dates mean that after the printed date, the food or drink might not taste as it is supposed to, or its texture might have changed, but it is probably still safe to eat.

This information is presented as a double-sided card in the printed version of the leaflet. Cut out both tables separately and stick together back-to-back, to create a handy reference card you can keep in your wallet

At a glance: making sense of food and drink labelling

Front-of-pack nutrition label (example)

per 30g cereal:

16 SERVINGS	ENERGY 460kJ 110kcal 6%	FAT 0.7g LOW 2%	SATURATES 0.1g LOW 1%	SUGARS 5.1g HIGH 6%	SALT 0.2g MED 4%

% of an adult's reference intake.
Typical values per 100g: Energy 1530kJ/360kcal

Always remember to check the serving size these values are for. They may not be for the amount you usually eat or drink.

Food labelling: colour-coding explained
Amount of each nutrient in 100g of food

	HIGH	MEDIUM	LOW
(TOTAL) SUGARS	over 22.5g	over 5g to 22.5g	5g and below
FAT	over 17.5g	over 3g to 17.5g	3g and below
SATURATES	over 5g	over 1.5g to 5g	1.5g and below
SALT	over 1.5g	over 0.3g to 1.5g	0.3g and below

Contact Information

Nicole McGregor
Health Improvement Officer
McGregorN@ealing.gov.uk
020 8825 5484