

Keeping lunches safer

Wash your hands before preparing food.



Add an icepack or frozen drink and use an insulated lunchbox to keep it cool.

Throw away any perishable items at the end of the day.



Preparing a packed lunch can often be time consuming and expensive, so why not try your child on school meals?

- Since September 2014 every infant (aged 5-7) can get a free and healthy school lunch, which could save you roughly £500 per year.
- Free school meals are also provided to families who receive qualifying incomes, including: income support and universal credit. More information is available from the Manchester City Council website or from your school.
- Schools are required to meet School Food Standards which ensure the school meals provided are healthy, balanced and varied over the week.

Higher fat, higher salt and higher sugar items



Choose food and drink items that are higher in fat, salt and sugar less often and in smaller amounts. This includes chocolate, cakes, biscuits, high sugar drinks and fried foods. Eating too much of them can cause problems with our teeth, sleep, behaviour, concentration and physical health.

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

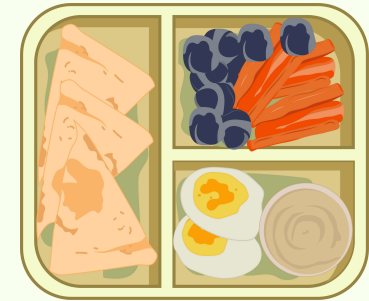
of an adult's reference intake
Typical values (as sold) per 100g: 697kJ/ 167kcal

You can use traffic light food labels to choose healthier food and drink items. Try to choose items with more greens on them.

Download the NHS Food scanner app to find healthier swaps for your family favourites

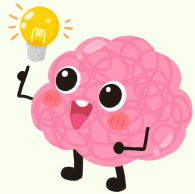


HEALTHIER LUNCHES



Why are healthier lunches important?

Eating a healthy, balanced diet allows children to have the energy and brain power to get through the school day.



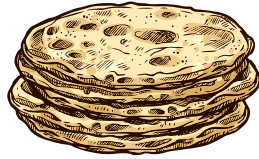
In a national survey, it was found that less than 2% of packed lunches met the nutritional standards School Lunches must meet. Turn over for some tips on what to include in a lunchbox.

What should be in a healthy lunchbox?

Is there food from each of these groups in your child's lunch box?



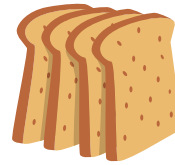
A portion of starchy carbohydrates



Chapatti



Pasta



Bread



Potato



Pitta bread

Choose wholegrain options where possible.



A portion of a food high in protein



Houmous



Tuna



Cream Cheese



Lentils



Eggs



Chicken or turkey

Choose to eat more beans and pulses.



Two portions of fruit and/or vegetables



Mango



Pear



Orange



Cucumber



Carrot



Apple



Tomato



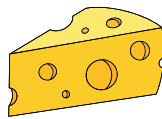
Portion size



A portion of dairy or alternatives



Lower Fat and Low sugar yogurt



Lower Fat Cheese



Water or lower fat milk



FREEZE A BOTTLE OF WATER TO ACT AS AN ICE PACK TO KEEP THE PACK LUNCH COOL.



Scan me to find healthy lunchbox ideas

