










Adelaide Primary School



Healthy Packed Lunches Guide

At Adelaide Primary School, we request that all families follow the guidelines below for healthy school packed lunches:

 Not this	 More of this
<ul style="list-style-type: none"> <input checked="" type="checkbox"/> No nuts  <input checked="" type="checkbox"/> No take away  <input checked="" type="checkbox"/> No chicken on the bone  <input checked="" type="checkbox"/> No sea food  <input checked="" type="checkbox"/> Not lots of sweet things  <input checked="" type="checkbox"/> No fizzy drinks  	<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Water for a drink <input checked="" type="checkbox"/> Fruits and vegetables <input checked="" type="checkbox"/> Ice pack to keep food cool <input checked="" type="checkbox"/> Include veg and fruit 

We are a nut free school

Please do not bring any peanuts or tree nuts onto the school site.



This includes all tree nuts and products which contain tree nuts :



Top Tips for Healthy Lunch Boxes

Fruit



Vegetables



Dairy



Wholegrains



Lean meat & alternatives



A Healthy Lunch Box



Keep them fuller for longer

Base the main lunchbox item on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.



Switch the sweets

Swap cakes, chocolate, cereal bars and biscuits for malt loaf, fruited teacakes, fruit breads or fruit (fresh, dried or tinned – in juice not syrup).



Always add veg

Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A Day. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.



Cut down on crisps

If your child really likes their crisps try reducing the number of times you include them in their lunchbox, and swap for homemade plain popcorn or plain rice cakes instead.



Add bite-sized fruit

Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown.



Mix your slices

If your child does not like wholegrain, try making a sandwich from 1 slice of white bread and 1 slice of brown bread.

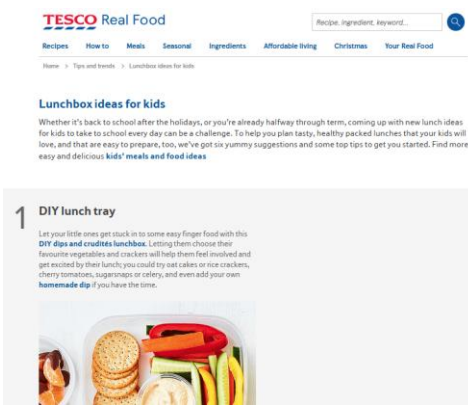
Websites for Healthy Lunch Ideas

<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>



The screenshot shows the NHS Healthier Families website. The header includes the NHS logo and navigation links for Food facts, Recipes, Activities, and Children's weight. Below the header is a colorful illustration of children and food. The main content area is titled "Healthier lunchbox recipes" and contains introductory text about preparing lunchboxes and a link to "School meals are a great choice, but if you do make a packed lunch for your child then we've got you covered with our range of quick, easy, healthier lunchbox ideas and tips."

<https://realfood.tesco.com/curatedlist/lunchbox-ideas-for-kids.html>



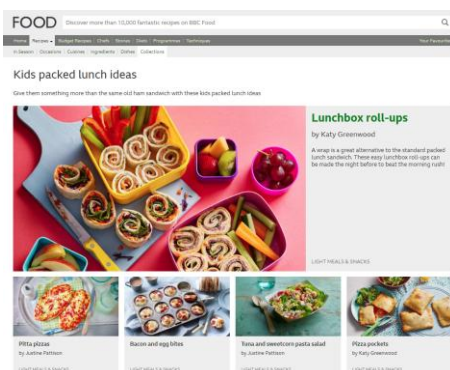
The screenshot shows the Tesco Real Food website. The header includes the Tesco Real Food logo and a search bar. Below the header is a navigation menu with links for Recipes, How to, Meals, Seasonal, Ingredients, Affordable living, Christmas, and Your Real Food. The main content area is titled "Lunchbox ideas for kids" and contains introductory text about preparing lunchboxes and a link to "easy and delicious kids' meals and food ideas". Below the text is a section titled "1 DIY lunch tray" with a sub-heading "Let your little ones get stuck in to some easy finger food with this DIY dips and crudités lunchbox." and a photograph of a lunch tray with various finger foods.

If you like to cook: <https://www.bbcgoodfood.com/recipes/collection/school-lunch-recipes>



The screenshot shows the BBC Good Food website. The header includes the BBC Good Food logo and navigation links for Recipes, Health, What to buy, Ingredients, Subscribe, and Festive Market St. Below the header is a search bar. The main content area is titled "School lunchbox recipes" and contains introductory text about preparing lunchboxes and a link to "67 Recipes Try the Good Food app - subscribe today". Below the text is a photograph of a lunchbox with various items.

https://www.bbc.co.uk/food/collections/kids_packed_lunch_ideas



The screenshot shows the BBC Good Food website. The header includes the BBC Good Food logo and navigation links for Home, Recipes, Collection, and School lunchbox recipes. Below the header is a search bar. The main content area is titled "Kids packed lunch ideas" and contains introductory text about preparing lunchboxes and a link to "Lunchbox roll-ups". Below the text is a photograph of lunchbox roll-ups and a grid of recipe cards for Pizza pizzas, Bacon and egg bites, Tuna and mackerel pasta salad, and Pizza packs.