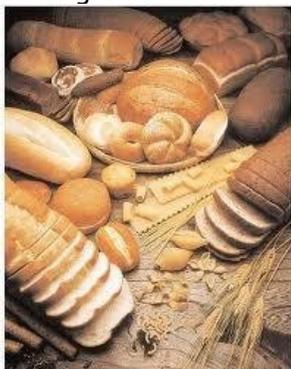


A good helping of a variety of breads such as wholemeal, granary, or high fibre white makes a nice sandwich. You could try pitta bread, chapattis, tortilla wraps, crusty rolls, muffins bagels. Or pasta, rice, rice or oat cakes, cous cous or whole grain snacks.



A handful of fruit, fresh or dried, especially unusual fruit such as pineapple, blueberries, or apricots. Try vegetables like carrot, celery, pepper batons, cucumber sticks, cherry tomatoes, baby corn and sugar snap peas. This will go towards their recommended 5 a day.



A drink is important too. Water will keep your child well hydrated. Water is freely available in school throughout the day. Your child should have a water bottle in school every day.



Healthy Schools

Here at Angel Road Infant School we want your child to continue to have high energy levels in the afternoon so that they are still able to work at their best and make the most of their learning. Children need carbohydrates and liquids to keep their energy levels up. This leaflet suggests ideas for packed lunches that are full of nutrients so that high energy can be maintained.

Choose lower fat spreads and sandwich fillings e.g. lean meats, fish, egg, humus, or small salads such as potato, pasta, rice or green salad.



Instead of putting crisps in every day why not try a variety of seeds, unsalted popcorn, breadsticks, crackers, pretzels or try baked good such as Mini Cheddars.

Dairy products can be included with mini cheese portions or cubes of cheese, individual yoghurts, fromage frais, yoghurt drink or rice pudding pot.



To finish off with something sweet try mini muffins, fruit loaf, currant buns, flapjack, malt loaf.



Why not ask your child to help you make their packed lunch? They could peel carrots, wash tomatoes and chop peppers. You could make muffins or flapjacks at home.

To keep your child's lunch cool and fresh make sandwiches the night before, put them in an air tight container and keep them in the fridge overnight. If you put a bottle of frozen water directly in the lunchbox - it will have thawed by lunchtime and kept the rest of the food cool.

