

Some healthy lunchbox ideas:



- Tuna and sweetcorn pasta salad
- An apple
- A small tub of rice pudding



- Egg salad sandwich
- Small tub of tinned pineapple
- Slice of fruit loaf with cream cheese



- Chicken and soft cheese sandwich
- A banana
- Small tub of carrot sticks



- Mackerel potato salad
- A slice of fruit loaf
- Cherry tomatoes

More great ideas for healthy packed lunches can be found at the Change 4 Life website:

www.nhs.uk/change4life/recipes/healthier-lunchboxes

What should be in my child's packed lunch?



At Oasis Academy Clarksfield we believe that a healthy, balanced diet is important for helping all children to reach their potential.

Healthy foods help your child to:

- Stay fuller for longer.
- Stay awake and alert during afternoon lessons.
- Build healthy bodies for the future.

Packed lunches are an important part of a healthy diet. We have put together some information to help you to make sure that your child's lunch is helping them to stay full and energised all day long.

What should a healthy lunchbox include?

LUNCHBOX BUILDER

CREATE A MAIN

USING A PORTION FROM EACH OF THE FOUR GROUPS BELOW



WHOLEMEAL BREAD



WHOLEMEAL PASTA



WHOLEMEAL PITTA



BAGEL



GRILLED CHICKEN



TUNA



HUMMUS



EGGS



LETTUCE



SWEETCORN



TOMATOES



PEPPERS



SNACK

NOW CHOOSE ONE OR TWO YUMMY SNACKS



GRANOLA BAR



RICE PUDDING



DRIED FRUIT



BANANA BREAD



MINI PRETZELS



FLAPJACK



BREADSTICKS



DIPS

FRUIT & VEG

FINALLY ADD TWO FROM YOUR FIVE PORTIONS A DAY



BLUEBERRIES



APPLE



STRAWBERRIES



GRAPES



BANANA



SATSUMA



SUGAR SNAP PEAS



CARROTS



CUCUMBER



CHERRY TOMATOES



BROCCOLI



CELERY



As part of our healthy eating policy, crisps, sweets and chocolate are not allowed.