

Packed Lunch Ideas

At Russell Hall we do not police your kids lunch boxes, but hope the information in this leaflet will give you all the inspiration you need for spicing up their lunches with a good mix of healthy ideas and some new tastes. You can also read the tips on the and [School Food Trust](#) websites, [netmums.com](#) and [www.nhs.uk/change4life.com](#)

While cooked school meals are getting healthier and have to conform to government guidelines, children with packed lunches may not be getting the same nutritional benefits. Some children are still taking a lunchbox full of processed and junk food to school, and are missing out on the vital vitamins and minerals which are contained in fresh foods. In fact the Food Standards Agency have stated that 92% of lunchboxes they surveyed contained food that is too high in fat, salt and sugar.

When mums and dads are trying to get healthier items in to their children's lunch boxes, it can difficult to outwit the marketing companies who pass off processed food as healthy and our kids may be resistant to the 'healthy option'.

If your children are bored of eating the same thing day in day out, or you're not sure what makes up a healthy well balanced lunch box, then the grid overleaf gives some new ideas. A good start is a balance of tummy filling carbohydrates, bit of protein, some fruit/ veg, calcium bone builders and a low sugar drink.

