



Milton C.E Primary School

School Council

Dear Parents/Carers,

The School Council have been discussing healthy eating and the recent improvements of hot school dinners. We think it would be great if you could help us extend our ideas further, by including packed lunches as well.

We have compared a less healthy packed lunch of a sandwich, fizzy drink, packet of crisps and a chocolate bar with the recommended lunch for ages 9-12 year olds.

	Unhealthy	Recommended
Energy	770	585
Carbohydrates	125g	81.3g
Protein	15g	8.5g [min]
Fats	25g	23.7g

We would like to invite you to join in with our healthy eating scheme by keeping lunchboxes healthy, for example: Cutting down on high fat and sugar snacks, avoiding fizzy drinks and including more fruit and vegetables.

We have some suggestions for healthy packed lunches.

- Brown bread instead of white
- You could try one side brown bread and one side white bread
- Chocolate and crisps one day of the week only
- Fruit salads
- Vegetable salad like chunks of carrot, cucumber, tomato or red pepper
- Breadsticks instead of crisps
- Water or fruit juice instead of squash

Lunchbox Ideas

Wholemeal medium pitta bread
with reduced-fat cottage cheese
and salad
Cucumber batons
Low fat crisps (multipack size)
Chocolate flavoured milk
Raisins
Sliced beef roll with cucumber and
lettuce (low-fat spread)
Fruit yoghurt, reduced-fat
Pear Flavoured sparkling water

Fruit flapjack
Banana flavoured milk
Pineapple pieces

Prawn noodles with mixed
vegetables
Fruit salad
Orange juice, unsweetened
Low fat fromage frais
Currant bun

Chicken couscous with
mushrooms, peppers and onion

Other suggestions for healthy lunch boxes are available from:
www.food.gov.uk/news/newsarchive/2004/sep/lunchbox2

It would be great if you could help!

Yours sincerely,

The School Council