'Healthy Lunch Boxes For Us'

Primary Schools

Useful information to share with parents/carers to support children bringing lunchboxes into school during Covid-19 and beyond

The Cardiff Healthy Schools Team have put together some useful information to support pupils / parents / carers to prepare healthy packed lunches. This information is being provided as some schools will temporarily stop providing school meals due to COVID-19 and some families may be new to making packed lunches for their child/children.

Included:

1. Useful websites and apps
2. Hygiene considerations
3. Leaflets
4. Recipes

1.Useful websites and apps

The whole school community of staff, pupils and parents/ carers may find it useful to look at some recommended websites and useful apps.

Pupils may like to carry out some research and create a leaflet of information for their school, as a home/school activity.

- **'Change 4 Life'** Healthier Lunchboxes

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

  The website has good images of lunch box ideas. It refers to the Eatwell Guide and encourages families to choose a main dish, add some fruit or salad, add a little something else, as well as a drink. There are useful tips for example 'ever green' always add salad to sandwiches, as it counts towards your child's 5 A DAY. 'Swap the fruit bars', 'swap the sweets', 'watch the teeth!'.

- **'Change 4 Life'** Food Scanner App

  Find out how much sugar, saturated fat, salt and calories are in food and drinks.

  Just find a food or drink barcode and scan it to see what's inside. It also identifies healthier snack choices you could make.

  Once you have downloaded the app you can use it at home or whilst out shopping for items to be part of a lunch box.

- **British Nutrition Foundation** – Food a Fact of Life

  https://www.foodafactoflife.org.uk/

  Great website with resources on healthy eating in general, the Eatwell Guide and healthy lunchboxes. Includes 'The Amazing Lunchbox' story and resources.
  See specific information about healthy lunchboxes here:

  https://www.foodafactoflife.org.uk/whole-school/whole-school-approach/healthy-lunchboxes/

- **Veg Power**

  If you'd like to encourage your child to eat more vegetables, have a look at the Veg Power UK website where there are downloadable activities and recipes

  https://vegpower.org.uk/

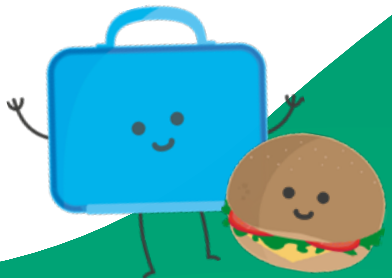
  There is also an article about how to get more veg into your child's lunchbox:

  https://vegpower.org.uk/lunchbox-makeover/

2. Hygiene considerations

Top tips for keeping your lunchbox clean and cool:

- Wash your hands before making the packed lunch
- Wash fruit and vegetables
- Clean and dry your lunchbox properly every day
- If sandwiches / food is prepared the previous evening, always store in a fridge overnight
- If possible, use an insulated lunch bag and keep it clean with antibacterial spray
- Use ice packs or a frozen bottle of water to keep food cool
- Don't forget to keep the lunch box cool at school; make sure it is stored in a place that is away from radiators and warm/sunny areas.
- Children must follow the school's guidance for COVID-19 when eating their packed lunch in school e.g. washing hands before eating and not sharing food



3. Leaflets

(Please see attachments for each of the leaflets below)

- **Public Health packed lunch leaflet**

  Available as an attachment.

  This leaflet is suitable for all Primary School families, however suggested packed lunch ideas are mainly aimed at Foundation Phase children.

- **'Change 4 Life' Lunchbox leaflet**

  Available as an attachment.

  This leaflet is suitable for all Primary School families.

- **Welsh Government Healthy Lunchbox leaflet 2019 – web link**

  https://gov.wales/healthy-lunchboxes-leaflet

  https://llyw.cymru/pecynnau-cinio-iach-taflen

  The Welsh Government A4 leaflet is available in English and Welsh and links to the Eatwell Guide and food labelling.

  This can be shared with the whole school community.

4. Recipes

Please see below a list of some recipes that could be prepared at home. The attached folder contains all recipes, and a useful shopping list for each of the recipes.

1. Crunchy coleslaw
2. Basic tomato salsa
3. Cheese and herb scones
4. Easy pizzas
5. Fruit and savoury muffins
6. Fruit crumble flapjacks
7. Fruity cheesecake pots
8. Healthy wraps
9. Homemade tortillas chips
10. Me Size pizzas
11. Rainbow couscous salad
12. Sunshine pasta salad

We are pleased that Cooking Together Wales will be producing videos on how to make a range of these recipes. These videos will be available on the Cooking Together Wales website: https://www.cookingtogether.co.uk/healthy-lunchboxes and you can also check out the 'Cooking Together Wales' Facebook page, and Twitter (@cook_together1). The Cardiff Healthy Schools team will promote the videos on our Twitter page @ CdfHealthySch – Tag us in with any recipe photos you post on social media!

RHWYDWAITHYSGOLIONIACHCAERDYDD
HEALTHYSCHOOLSCARDIFFNETWORK

Cynlluniau Ysgolion Iach - Rhwydwaith Cymru
Welsh Network of Healthy School Schemes

GIG CYMRU NHS WALES
Bwrdd Iechyd Prifysgol Caerdydd a'r Fro
Cardiff and Vale University Health Board

CARDIFF
CAERDYDD

This document is available in Welsh / Mae'r ddogfen hon ar gael yn Gymraeg