

Healthy lunch ideas - settings

Healthy lunch ideas for pre-school and primary children – packed lunch or at home

The Cardiff Healthy and Sustainable Pre-School (CHaSPS) Team have put together some useful information to support parents/carers with ideas to prepare healthy lunches at home and for healthy packed lunches. This information is being provided as some settings may temporarily stop providing meals due to COVID-19 and some families may be new to making packed lunches for their child/children. It will also be a great help for providing new healthy lunch ideas for the parents/ carers to prepare with the children during the setting/school holidays.

Included:

1. Useful websites and apps
2. Hygiene considerations
3. Leaflets
4. Recipes
5. Healthy cooked food ideas.

1. Useful websites and apps

The setting staff and parents/carers may find it useful to look at some recommended websites and useful apps.

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

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

The website has good images of lunch box ideas which can also be made at lunch time with the children at home.

It refers to the Eatwell Guide and encourages families to choose a main dish image, 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/recipe.
- 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 the setting; make sure it is stored in a place that is away from radiators and warm/sunny areas.
- Children must follow the setting's guidance for COVID-19 when eating their packed lunch in the setting 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.
- **'Change 4 Life' Lunchbox leaflet**
Available as an attachment.
- **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.

4. Recipes

Please see below a list of some recipes that could be prepared and eaten at home with the children or put in a lunch box.

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 have produced videos on how to make a range of these recipes. The recipes and videos are 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 CHaSPS and 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!

5. Healthy cooked food ideas

Please see below some simple ideas for healthy cooked food that can be prepared for lunch at home:

On toast:

- Eggs – scrambled, poached, omelette (or a boiled egg with toast soldiers!)
- Baked beans
- Sardines
- Cheese

Small jacket potato with:

- Cheese, or cottage cheese
- Tuna and sweetcorn
- Baked beans
- Hummus

For other ideas you can try at home, follow the link below for fun cook-a-long recipes with Cooking Together Wales, such as the '5-a-day soup' recipe:

<https://www.cookingtogether.co.uk/cook-a-long>

By adding salad or vegetable sticks to the healthy cooked food ideas it will help your child reach their 5-a-day!

Please follow the link below to find more ways to get 5-a-day!

<https://www.nhs.uk/change4life/food-facts/five-a-day>

Drinks

The healthiest drinks to offer at meal times or in packed lunches are plain water or milk.



Cynlluniau Ysgolion Iach - Rheydwaith Cymru



Welsh Network of Healthy School Schemes

