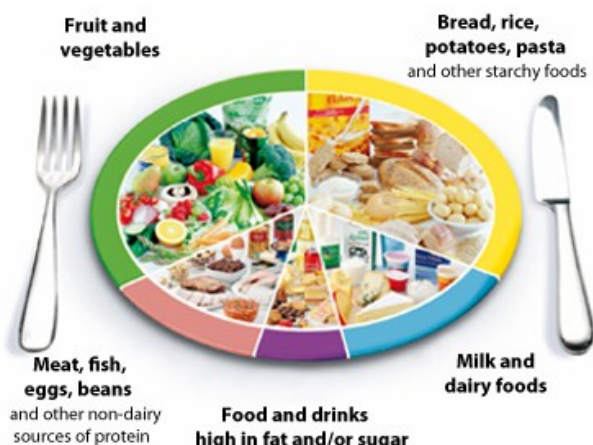


Packed Lunches - Talk for Parents

Friday 22nd February 2013



With the government focusing on obesity (or healthy weight) we have decided to address this issue by looking at packed lunches. We recognise that it must sometimes be difficult putting them together week after week for maybe more than one child.

In school we emphasise idea of balanced diet. We use the model of "The Eatwell Plate", which can be found in this section of the website and discuss the need to have at least one thing from each group - not all from one group. We are careful how we talk about certain foods (e.g. fats & sugar not being "naughty things") as we

don't want any food phobias!

The plan for this session is to discuss ideas for a variety of lunch boxes.

What we hope to achieve: we realise it's not always possible but if parents could get children to help choose food when shopping; try a variety of different fruits (cost permitting!); as they grow older, perhaps they can start doing own lunch box themselves. The end result would be that children much more aware of what they are eating & making healthy choices by themselves.

Debbie Godwin, from the school kitchen, then showed a variety of foods which would be suitable for a packed lunch. She suggested that some fruits and vegetables could be cut into strips and then eaten with dips - either home made or from small pots which

which can be bought ready to eat or fruits from home cut and put into a small pot. She suggested that sandwiches could be made in bulk and frozen, and to use other types of bread such as wraps and pitta. Cereal bars, those with only a small amount of sugars and fats

in them, are a good addition to a lunch box, as well as low-fat crisps. We emphasised that our advice is not to never include the items with a higher percentage of fats and sugars, such as chocolate bars and cakes, but perhaps to have them as treats.

We finished with some suggestions from the floor, and the idea that parents could add to this list.

Any further ideas & Questions

- Useful Website have been added to the school website.
- Ideas for lunchboxes
 - Alternatives to bread - bagels, wraps, pancakes, pitta
 - Rice/pasta salads
 - Dips with fruit/veg
 - Cheese and crackers
 - Smoothies/yoghurts
 - Freeze frubes in the summer, act as a cool block in lunchbox
- Moving on
 - Parents send in ideas of good ideas for lunchboxes to add to the list on the website.
 - Hold another tasting session with some of the examples of foods for lunch boxes on the website

