

'Healthy lunch boxes for us'

Secondary Schools

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

Carmarthenshire's Healthy Schools Team would like to share some useful information in order to support parents and their children to prepare healthy packed lunches.

Included:

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

1. Useful websites and apps

The whole school community & staff, pupils & parents/Carers may find it useful to look at some recommended websites & useful apps. Pupils may like to carry out some research & create a leaflet of information for their school as a home/school activity.

• 'Change 4 Life' – Healthier Lunchboxes

<https://www.nhs.uk/change4life/recipes/healthierlunchboxes>

The website has good images of lunch box ideas including the recipes required to create a particular lunchbox. 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 the 'ever green' tip, which encourages salad to be added into sandwiches, as it counts towards your child's 5 A DAY. 'Swap the fruit bars', 'swap the sweets' and 'watch the teeth!' are other tips that are included.

• 'Change 4 Life' - Food Scanner App

Find out how much sugar, saturated fat, salt & calories are in food and drinks. Just find a food or drink barcode & 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 with reference to the Eatwell Guide. It has a section regarding Healthy Lunchboxes within the Parental Engagement area of the Whole School Section. It 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/>

2. Hygiene consideration

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.



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3. Leaflets

(Please see attachments for each of the leaflets below)

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

Available as an attachment.

This leaflet is suitable for families with children in Key Stage 3.

- **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

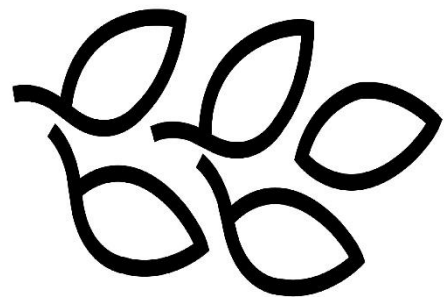
4. Recipes

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 Carmarthenshire Healthy Schools team will promote the videos on our Twitter page @ysgoliachsirgar. Tag us in with any recipe photos you post on social media!

Welsh Network of Healthy School Schemes



Cynlluniau Ysgolion Iach - Rhwydwaith Cymru

Ysgolion Iach Sir Gaerfyrddin



Carmarthenshire's Healthy Schools Scheme



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