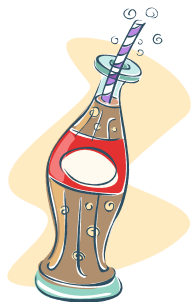
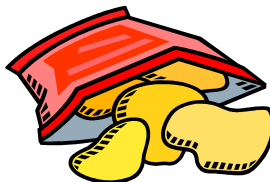


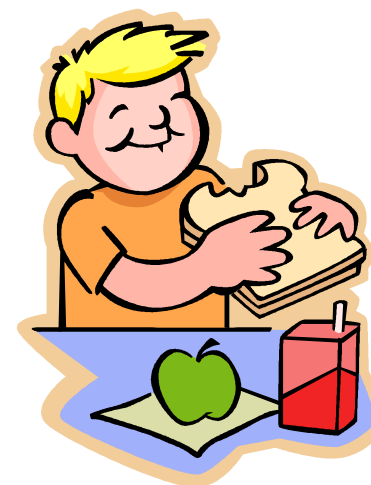
What foods should I avoid?

- ◇ Fizzy drinks in cans and bottles - use fruit juice or water instead;
- ◇ Processed foods - use pieces of real fruit or small pieces of cheese instead;
- ◇ Foods sweetened artificially - use naturally sweet foods such as fresh and dried fruit;
- ◇ Foods which contain artificial colourings and flavourings (e-numbers).



The Gattons Infant School

Information Leaflet



Lunchbox Tips

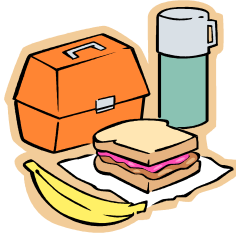
Top Ten Lunchbox Tips

1. Make sandwiches with thickly sliced bread, or choose rolls or mini pitta breads. Go for wholegrain or wholemeal varieties when you can.
2. Cut down on the amount of butter, margarine or mayonnaise you use.
3. Pick low fat sandwich fillings such as lean meats, including ham or turkey, fish (e.g. tuna), cottage cheese, Edam, mozzarella or sliced banana.
NUT PRODUCTS ARE NOT PERMITTED IN SCHOOL.
4. As well as fresh fruit such as apples and bananas, include a handful of grapes, chopped fresh fruit salad or melon pieces, or a small box of raisins, or a mini tin of fruit in juice.
5. Rather than drinks that are very high in sugar, such as fizzy colas or 'juice drinks', go for unsweetened fruit juice, flavoured bottled water, flavoured milk and yoghurt drinks.
6. Cut down on crisps, which are high in fat, and choose plain popcorn, breadsticks or dried mixed fruit (without added sugar) instead.
7. Replace cakes, chocolates and biscuits with scones, currant buns and fruit bread.
8. Don't forget to include some vegetables such as cherry tomatoes, sticks of carrot, cucumber, celery or peppers.
9. Remember to put some salad in sandwiches and, once a week, why not go for a colourful mixed salad instead of a sandwich.
10. Try to vary what you put in your child's lunchbox. This won't just help to make their lunches more interesting, as a varied diet is important to give children all the nutrients they need to grow and be healthy.

How can I cut down on fat?

How can I cut down on sugar?

- ◇ Rather than drinks which are high in sugar such as fizzy colas or 'juice drinks', choose unsweetened fruit juice, water, flavoured bottled water, milk, soya and yoghurt drinks.
- ◇ Replace some cakes, chocolate and biscuits with scones, currant buns and fruit bread.
- ◇ Instead of sweets and chocolates, give children fresh or dried fruit



to snack on, or try vegetables such as cherry tomatoes, sticks of carrot,

Have more ...	Have less....
Bread, such as mini pitta breads, bagels or chapattis (wholegrain or wholemeal varieties where possible)	Butter, margarine, mayonnaise
Plain popcorn, breadsticks, dried mixed fruit (without added sugar)	Crisps
Scones, currant buns, fruit bread and semi-sweet biscuits such as digestives	Cakes and chocolate coated biscuits
Deep based pizza, pasta or rice salad (brown or wholegrain varieties where possible)	Meat pies, pasties, sausage rolls, salami
Low fat sandwich fillings such as lean meats, including grilled chicken, ham, beef, low fat sausage, fish (e.g. tuna), boiled egg, cottage cheese, edam, mozzarella, reduced fat hummous or sliced banana	Meats with visible fat or skin, high fat cheese

cucumber, celery or peppers.

- ◇ You could try picking a day a week for sweet treats, rather than giving sweets every day.

How can I cut down on salt?

- ◇ Cut down on snacks that are high in salt such as crisps.
- ◇ Replace salty snacks with unsalted or lower salt varieties or choose fresh or dried fruit instead.
- ◇ Watch out for heavily salted foods such as bacon, cheese and smoked fish. It's not a good idea to give these to your child too often.
- ◇ Go easy with sauces and pickles because they are usually very high in salt.

How can I keep my child's food fresh?

- ◇ If you make sandwiches the night before, wrap them up and keep them in the fridge overnight.
- ◇ If you include a carton of fruit juice, keep it in the freezer until the morning before it will be drunk. Then put it directly in the lunch box - it will have thawed by lunchtime and kept the rest of the food cool.
- ◇ Use a small, insulated cool bag.