

# Health Office Fact Sheet



## Healthy Eating Snack Box

At JESS we are actively involved in promoting healthy lifestyles, encouraging pupils to be active and eat healthy food. What your child eats can affect their mood, behaviour, health, growth, energy levels and ability to concentrate. All this will have an impact on their performance at school.

- Growing children need nutritious meals packed with fibre, protein, carbohydrate and vitamins.
- Their meals should contain a healthy balance which is rich in fruit, vegetables and starchy foods.
- Encourage your child to eat a variety of nutritious foods to help ensure that they obtain the wide range of nutrients they need to stay healthy.
- Help them to understand by explaining about making healthy choices.
- The best start to the school day is to ensure your child always has a healthy breakfast to take them through the morning.

### School Snack-Box

When you are choosing foods for your child's snack box, bear in mind that a packed meal for school should provide your growing child with one third of their daily nutritional intake.



*\*As we have a number of pupils at JESS with severe food allergies we kindly request that you avoid sending in nuts or nut products to school. For the same reason we also do not allow pupils to share food.*

### A balanced snack box should contain:

- A third of the calories in your child's snack box should come from starchy foods such as sandwiches, pasta, rice and potatoes – these foods will fill your child up and give them energy.
- Provide one portion of protein such as lean meat, chicken, fish, eggs or pulses (beans and lentils) - these are rich sources of iron and protein.
- Fruit and vegetables, include citrus fruits, which are good sources of vitamin C - essential for health. Green vegetables, carrots and apricots are all good sources of vitamin A, which is important for good vision and healthy skin.
- A portion of dairy food such as milk, cheese, yoghurt, fromage frais or dairy-free alternative, soya beans and tofu which are rich in calcium, which is necessary for healthy strong bones and teeth.
- A drink, water sparkling or still, unsweetened pure juice, milk (whole, semi-skimmed, goats or soya).  
*\*A note about taking adequate fluids:* Living in a hot climate means it is vital that that your child takes adequate fluids during the day. Pupils are encouraged to drink water frequently. Please reinforce this at home.

*\* Try to avoid foods containing high levels of salt, fat and sugar and highly processed foods which are not good for your child's health as well as sweets, crisps and fizzy drinks which contain very little nutritional value and are high in calories. When providing daily packed lunches it can be a challenge to keep them varied, interesting and healthy. Remember that variety is key. Encourage your child to develop a sense of healthy eating by giving them the opportunities to become involved in helping to choose and prepare food for their snack box.*

## Tips and Ideas

**Sandwiches** - are always a good staple. Offer a choice of different breads. Have a selection in the freezer, sliced or homemade, whole meal, granary, multi-grain, rolls and baguettes, raisin bread, wholemeal pitta and bagels. Also wraps/tortilla, oatcakes, rice cakes, potato bread, nana and chapatti.

### Fillings and toppings

- **Lean meats** including turkey. Sliced chicken breast with hummus or mashed avocado, leftover cold meats (meatloaf, sausages, shish taouk etc). Try to include a little salad with the sandwich such as lettuce, baby spinach, and rocket.
- **Fish** - tuna mayonnaise and sweet corn, tuna salad, sardine and tomato, fish paste and cucumber, smoked mackerel pate.
- **Vegetarian** - feta cheese, cheese and tomato/coleslaw or pickle, cheese spread, cream cheese and celery, Quorn slices and salad, cottage cheese with pineapple, vegetarian sausages, vegetarian pate with cucumber, egg salad/egg mayonnaise, Marmite - small amounts.

### Other ideas

- Salads containing quinoa (high in protein) or starchy foods such as couscous, pasta or rice salads using wholemeal pasta and brown rice, add cooked egg plant, onions, peppers, courgette, sweet corn, fish and meat, dried fruit such as sultanas and raisins, tabbouleh and potato salad.
- Home made pizza - choose healthy toppings containing lots of vegetables such as mushroom, sweet corn and peppers. Home made omelette – Spanish omelette or quiche with added vegetables such as broccoli, peppers and courgette.
- Samosas, kibbeh, falafel, bread sticks.
- Dips - baba ganoush, hummus, coleslaw, tzatziki, raita, cream cheese, put in small containers making it easy to dip sticks of raw vegetables such as carrot in.

### Fruits and vegetables (Remember 5 portions a day is recommended)

- Chopped raw vegetables, easy and fun to eat - cherry tomatoes, carrots, celery, sugar snap peas, cucumber, peppers, avocado and radish.
- Whole fruits - banana, grapes, apple, pear, satsuma, strawberries, raspberries, blueberries.
- Prepared chopped fruits - kiwi, melon, pineapple, orange, mango.
- Dried fruits - apricots, dates, prunes, raisins, sultanas.
- Pumpkin and sunflower seeds.
- Olives - pitted.

### Healthy alternatives to sweets

- Instead of sweets or chocolate biscuits try malt loaf, fruit cake, date loaf or cheese scone.
- Fruit salad.
- Stewed fruit - add natural yoghurt to the top for variety or rolled oats and seeds. Rice pudding.
- Homemade fruit puree or smoothie made from natural yoghurt using a variety of different fruits such as apple and banana, mixed berries, add a small amount of honey.
- Fruit jelly made with pure fruit juice with added fruit pieces.
- Tinned fruit (in natural juice) such as pineapple, peach, pear.

Sources and for further information:

[www.nhs.uk](http://www.nhs.uk)

[www.food.gov.uk](http://www.food.gov.uk)

[www.netmums.com](http://www.netmums.com)

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