

## Top tips for keeping your lunch box clean and cool:

- Choose a reusable plastic lunch box.
- Pack lunch in an insulated lunch bag.
- A frozen ice pack is a must...or use a frozen bottle of water.
- Store the packed lunch in the fridge overnight.

## Useful websites and resources

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

<https://www.bbcgoodfood.com/howto/guide/>

[school-packed-lunch-inspiration](#)

<https://www.food.gov.uk/>

<http://www.cardiffandvaleuhb.wales.nhs.uk/>

[little-cooks](#)



## Healthy Lunch Box Competition

A token is awarded for a healthy lunch box. To receive a token include at least 3 of the following:

**Fruit and / or vegetables (at least 5 a day).**

**Bread, rice or pasta.**

**Dairy products e.g. milk, yogurt or cheese.**

**Beans, pulses, fish, eggs, meat.**

Bring a bottle of water to school. Water is healthy. It doesn't contain sugar which is harmful to teeth.



## Healthy Lunch Boxes for us at Gwaelod Y Garth School



**This leaflet contains information about:**  
The new Eatwell Guide  
Ideas for a healthy lunch box  
Our monthly healthy lunch box competition  
Useful websites, resources



Created by the pupils of  
Ysgol Gwaelod Y Garth



A Healthy Lunch box is important to us  
*"because it helps us concentrate to learn and gives us energy to play".*



The Eatwell guide shows the proportions of food from each group for a healthy and balanced diet.

**Fruit and Vegetables (at least 5 a day)**

**Potatoes, bread, rice, pasta and other starchy carbohydrates**

**Dairy and alternatives**

**Beans, pulses, fish, eggs, meat and other proteins**

**Oil and spreads**

A healthy lunchbox should contain a third of the day's nutrients.

Try to choose a variety of different foods from each of the groups to help you get the wide range of nutrients throughout the whole week. Your body needs a range of nutrients to stay healthy and work properly.

**Drink water**

Children up to 8 years of age should have a minimum of 4-5 cups of water a day. Children above 8 years old require at least 6-8 cups of water a day.

Water is freely available in school. Children can fill up their water bottles in class.



Take a look at our school website for recipes that little cooks can help prepare!

