



How to run a healthy lunchbox workshop for parents...



Welcome

This pack will enable you to set up and run successful parent/carer healthier lunchbox workshops. Its aim is to promote healthier lunchboxes to parents, provide practical advice on healthier choices and skills to produce healthier foods.

The pack supports the National Healthy Schools Scheme, Department of Health Food in Schools Programme and Transforming School Food agenda.

What are the benefits of lunchbox sessions for parents/carers?

Holding healthier lunchbox sessions for parents and carers provides the opportunity to ...

- Engage parents
- Develop skills
- Improve food choices
- Support changes in school food policy
- Teach parents/carers about the importance of eating a balanced diet and why it is important to eat a wide variety of foods, to ensure that they get all the nutrients needed by the body for good health

What's in the pack

The pack comprises:

- Session Plan
- Activity sheets and icebreakers
- Handouts and information cards
- Display materials
- Posters and Leaflets
- Recipes
- Invitation and poster templates
- CD containing Powerpoint presentation (also available as information cards)



Setting up: When running a parents lunchbox session, there are a number of factors you will need to consider.

Venue: Where will you hold the healthier lunchbox workshop? If you are cooking you need to ensure appropriate cooking facilities are available. An area with running hot and cold water and tables would be a good start.

Time: What time of day will you hold the session – it may be best to hold the session either when children are dropped off for school in the morning or just before they are collected at the end of the day. You may want to consider a parent/child session and get the children to come to the end of the session to be involved in the food preparation and tasting. Perhaps you could run the session as a family learning session?

Staff: Who will run the session? A member of staff, school health advisor, teaching assistant, parent, dietitian, community worker?

Publicity: How are you going to publicise the workshop? Who is going to send out the invitations and what media are you going to use?

Insurance: If you are running the session out of hours does the school have public liability insurance in place that covers your activities. Check with the LEA insurance officer or the insurer to make sure that you are covered.

Funding: Who will pay for the ingredients? Can the school pay or will you need to ask participants for a contribution? Can you attract local sponsorship?

Food Hygiene: If you are preparing food it is important that the person running the session has an appropriate food hygiene qualification. Contact your local environmental health department for more information

Lunchbox Audit: Are you going to undertake a baseline audit of children's lunchboxes before the workshop? This can be useful to identify some of the lunchbox issues your school and is a useful starting point when talking to parents about healthier lunchboxes and the changes you are working towards.

Session Plan

Timing	Activity	Resources
Pre Session	Refreshments (optional) Food and health quiz	Tea, coffee, fruit juice, water, fruit basket/ platter Food and health quiz
10 mins	Welcome and Introductions Aims and Objectives Discussion: What do you put in your children's lunchboxes? What are your main concerns?	Icebreaker Flipchart paper and pens
15 mins	Food and health quiz answers Discussion : What is a healthy diet? Using the Balance of good health poster discuss foods which could be included in each section and healthier alternatives Healthier snack tasters e.g. Fruity Muffins	Food and health quiz answer sheet/ information cards or powerpoint presentation Balance of good health poster Handout - What should a healthy packed lunch look like Handout - Ideas for healthier lunchboxes Recipe cards
10 mins	How much fat, salt and sugar in these common lunchbox foods? Discuss the importance of foods providing nutrients other than fat, salt and sugar for growth and development	Fat, Salt and Sugar Worksheet Samples of : Crisps/Lunchables/Chocolate Bar (54g)/ Blackcurrant drink (150ml) Fat, Salt and Sugar information cards Fat, Salt and Sugar samples
5 mins	Discussion: How can we make our children's lunches healthier and how can we encourage them to eat them? Discuss food hygiene, lunchbox containers and storage (Focus on importance of adding plenty of fruit and vegetables and portion size)	Handout - How to get healthier items in your child's lunchbox Postcard - Keep me cool (Comic Company)
15 mins	Practical - Making healthier lunchboxes • Range of sandwiches, stuffed pitta bread and wraps If cooking facilities available • couscous salad • fruity muffins	Range of sandwich fillings and breads Chopping boards Knives Sandwich bags and storage containers Washing up/hand washing facilities or antibacterial wipes Recipe Cards
5 mins	Bringing it all together • Revisit main concerns and check you have looked at the issues raised • Any questions • Evaluation - what have you learnt, what will you do differently and what wasn't useful?	Leaflet: Ideas for healthier packed lunches (BNF) Evaluation Poster and post it notes

Icebreakers ● ● ● ● ● ● ● ● ● ●

Ask each person to introduce themselves and name a favourite lunchbox item beginning with the first letter of their name. For example... Hi, my name is Catherine and I love carrot cake.

1

Take an apple or fruity stress ball along. Throw it to one of the participants and ask them to introduce themselves and say how many lunchboxes they have to make everyday. They then pass the item on until everyone is introduced.

2

Ask each person to introduce themselves and one of their lunchbox dilemmas. For example ... Hi my name is Dottie and my son will only eat jam sandwiches.

3

Evaluation ● ● ● ● ● ● ● ● ● ●

Use Evaluation Poster included in the pack.

Give participants three post it notes each and ask them to write:

One thing you have learnt from the session - stick post it on the head.

1

One thing you are going to do/change as a result of the workshop – stick post it on the bag.

2

One thing that you didn't find useful – stick post it on the wastepaper bin.

3

Food and health quiz

1. What percentage of children's packed lunches are too high in fat, salt and sugar?
 - a) 60%
 - b) 70%
 - c) 80%
 - d) 90%
2. What percentage of children aged 2 – 10 years old in the West Midlands are obese?
 - a) 11.4%
 - b) 14.5%
 - c) 15.8%
 - d) 18.2%
3. On average how many portions of fruit and vegetables do children eat each day?
 - a) 1
 - b) 2
 - c) 3
 - d) 4
4. Which of the following do you think counts as a portion of fruit or vegetables? (tick as many as apply)
 - a) 1 glass of fruit juice
 - b) 1 Jacket potato
 - c) 3 tbsps frozen peas
 - d) 3 tbsp baked beans
 - e) 3 dried apricots
 - f) 1 bowl of salad
 - g) 1 tbsp strawberry jam
 - h) 1 apple
5. Which of the food groups should we eat in the largest quantities?
 - a) Breads and cereals, meat and alternatives
 - b) Breads and cereals, fruit and vegetables
 - c) Meat and alternative, dairy products
 - d) Fruit and vegetables, dairy products
6. What is the recommended limit for salt intake per day for adults?
 - a) 2g
 - b) 4g
 - c) 6g
 - d) 8g
 - e) 10g
7. If a label says a product contains 1g sodium how do you calculate the amount of salt?
 - a) It is the same
 - b) Divide by 2
 - c) Multiply by 2.5
 - d) Multiply by 3
8. How much fluid should you be drinking each day?
 - a) 2 – 3 glasses/cups
 - b) 4 – 5 glasses/cups
 - c) 5 – 6 glasses/cups
 - d) 6 – 8 glasses/cups
9. According to the Food Standards Agency what would be considered HIGH fat and HIGH sugar per 100g of a product?
 - a) 10g or more of fat and 5 g or more of sugar
 - b) 10g or more of fat and 10g or more of sugar
 - c) 20g or more of fat and 15g or more of sugar
 - d) 25g or more of fat and 15g or more of sugar

Answers

1. What percentage of children's packed lunches are too high in fat, salt and sugar?

d) 90% according to a survey by the Food Standards Agency in 2004

2. What percentage of children aged 2 – 10 years of age in the West Midlands is obese?

c) 15.8 (Department of Health, 2005)

The UK has the highest levels of obesity in Europe and if trends continue 1 in 5 children aged 2 – 15 will be obese by 2010. Children will have a shorter life expectancy than their parents

3. On average how many portions of fruit and vegetables do children eat each day?

b) 2

4. Which of the following do you think counts as a portion of fruit or vegetables?

a), c), d), e), f), & h)

Fresh, frozen, canned, 100% juice and dried fruit all count towards your 5 A DAY. A portion is equivalent to 80g for adults and 55g for children – approximately a handful.

Fresh fruit juice/dried fruit and baked beans only count once however much you consume.

5. Which of the food groups should we eat in the largest quantities?

b) Breads and cereals, fruit and vegetables

Foods should be eaten in the proportions laid out in the Balance of Good Health

6. What is the recommended limit for salt intake/day for adults?

c) 6g – currently we eat 9g a day. Children need lower amounts of salt and this depends on age:

1 to 3 years - 2 g salt a day

4 to 6 years - 3g salt a day

7 to 10 years - 5g salt a day

11 and over - 6g salt a day

7. If a label says a product has 1g sodium in it how do you calculate the amount of salt?

c) Multiply by 2.5 so for example if a bag of crisps says it has 1g sodium it actually contains 2.5g salt.

8. How much fluid should you be drinking each day?

d) 6 – 8 glasses/cups

9. According to the Food Standards Agency what would be considered HIGH fat and HIGH sugar per 100g of a product?

c) 20g or more of fat and 15g or more of sugar

LOW

5.0g of sugar

3.0g of fat

1.5g of saturates

0.1g of sodium

0.3g of salt



HIGH

15.0g of sugar

20.0g of fat

5.0g of saturates

0.6g of sodium

1.5g of salt

What should a healthy packed lunch look like?

9 out of 10 school lunchboxes are too high in saturated fat, salt and sugar (FSA, 2004)

A packed lunch should provide about 1/3rd of a child's daily energy intake – this varies on the age, size and level of activity of each child, but some general rules include:

- Bread, other cereals and potatoes should provide about half the energy
- Saturated fat and sugar should be kept to a minimum
- 30% of a child's protein requirements should be provided
- 30 – 40% of a child's requirements for iron, calcium, vit A and C should be provided.

Nutritional guidelines per lunch for 9–12 year olds

Energy 585kcal, Fat 23.7g, saturates 7.5g, protein 8.5g (min), carbohydrate 81.3g, sodium 722mg, salt 1.8g, sugars (total) n/a

Fruit and vegetables
– providing plenty of fibre, vitamins and minerals

Choose 2 items from this group

A piece of fresh fruit
Fruit salad
Salad
Vegetable sticks
Small carton 100% fruit juice
Small portion dried fruit
Fruit and vegetables added to sandwiches

The Balance of Good Health

Fruit and vegetables

Bread, other cereals and potatoes



Bread, other cereals and potatoes – great for energy

Choose 1 item from this group

2 slices of bread
1 bagel
1 pitta bread
1 panini bread
1 tortilla wrap
2 sml bread rolls/1 large
A portion of pasta or rice
4 crisp breads
A few bread sticks

Meat, fish and alternatives – vital for healthy growth

Choose 1 portion

Lean ham
Chicken
Turkey
Tuna
Salmon
Sardines
1 Boiled egg
Beans
Chickpeas
Hummus

There are five main groups of valuable foods

Other items

Include from time to time for variety and appeal
Malt loaf, Banana bread, Fruit scone, Plain popcorn, Fig rolls,
Fruit crisps, Fruit based cakes and bars (watch out for sugar and fat content)

Drinks – don't forget to include a drink

Water – sparkling or still
100% fruit juice
Smoothies
Milk/flavoured milk with no more than 5% added sugar

Milk and Dairy – crucial for healthy bones and teeth

Choose 1 item

Small carton semi-skimmed milk
Fruit smoothie made from yoghurt/milk
1 carton yoghurt or fromage fraise
1 portion cheese

How to get healthier items into your child's lunchbox

- Limit choice – don't ask your child what they want for lunch but offer 2 – 3 choices or get your child to help plan a weeks menu
- Involve your child in preparing their lunchbox
- Let your child choose the lunchbox container they would like – it doesn't matter as long as it is practical, robust and hygienic
- Talk to your children about why it is important to eat healthier foods
- Don't reward children with unhealthy food
- Get your child to try new foods
- Eat the same foods as your children
- Don't expect miracles overnight – take a gradual approach to changing your child's lunchbox
- Keep getting your child to try foods they don't like in different formats



Keep me cool,
keep me clean!

- Wash your hands before handling food
- Wash fruit and veg before you prepare or eat them
- If you make your lunch the night before, keep it in the fridge
- Put your food in a clean plastic box
- Keep chopped fruit or veg fresh in a small box with a lid
- Keep sandwiches moist in greaseproof paper, plastic bags or tin foil
- Keep food cool – add a little freezer pack or a frozen drink (not fizzy ones though or they might explode!)
- Don't leave your lunchbox near a radiator – or in the sunlight!



Ideas for healthier lunchboxes



Bread & cereals



- Range of breads – wholewheat and high fibre white bread
- Breadsticks
- Crackers
- Rice cakes
- Couscous
- Pasta Salad
- Pizza
- Bagels
- Pitta Bread
- Tortillas
- Chapatti
- Pannini
- Crispbreads

Fruit and vegetables



- Salad in sandwiches
- Fruit and vegetables added to salads
- Whole pieces of fruit and vegetables
- Fruit salad in sealed containers
- Vegetable sticks
- Packets dried fruits
- Fruit smoothies
- 100% fruit juice
- Tinned fruit in 100% juice
- Vegetable soup

Dairy



- Reduced fat cheese
- Yoghurts (check sugar and fruit content)
- Milk/Yoghurt based fruit smoothies
- Yoghurt drinks (less than 5% added sugar)
- Milk

Meat, fish & alternatives

- Slices of lean ham, chicken and beef
- Lentil and vegetable curry
- Fish e.g. tuna, salmon, sardines

- Hard boiled eggs
- Hummus



Snack foods



- Fruit crisps
- Malt loaf
- Fruit scones
- Fruit muffins
- Fruit and oat based bars
- Banana bread
- Fruit based cakes and bars (watch out for fat and sugar content)
- Plain and semi-sweet biscuits eg. rich tea, digestives, hob nobs, fig rolls
- Plain popcorn
- Hot cross buns
- Unsalted nuts
- Breadsticks
- Fruit Bread
- Small packet of crisps
- 2 small choc chip cookies

Drinks

- Water – sparkling or still
- 100% fruit juice
- Fruit Smoothies
- Milk or flavoured milk with no more than 5% added sugar



Fat, Salt and Sugar Activity



1. Look at the label on one of the following products:

- 25g bag salt and vinegar crisps
- Lunchable pack (ham and cheese wrap)
- Chocolate bar (54g)
- Blackcurrant drink (500ml)



2. Work out how much fat, salt and sugar is in:

- 100g/100ml of the product
- A serving of the product

3. Measure out the amount of fat and sugar in one serving of the product

1 cube of sugar = approximately 3g

1 pat of butter = approximately 4g

1 sachet salt = 1g



Remember ...

To calculate how much salt is in a product you need to multiply sodium by 2.5 for example 1g sodium is equivalent to 2.5g salt

Choose snacks which provide nutrients other than fat, salt and sugar!

Fat, Salt and Sugar Worksheet

Food	Energy		Sugar		Fat		Salt	
	per 100g	per serving	per 100g	per serving	per 100g	per serving	per 100g	per serving
Salt and Vinegar crisps (25g)								
Lunchables (ham and cheese wrap)								
Chocolate bar (54g)								
Blackcurrant drink (500ml)								

LOW

5.0g of sugar
3.0g of fat
1.5g of saturates
0.1g of sodium
0.3g of salt



HIGH

15.0g of sugar
20.0g of fat
5.0g of saturates
0.6g of sodium
1.5g of salt

Food in school resources and websites

School Food Trust

www.schoolfoodtrust.org.uk

Free resources include:

Booklet: School Food Changing for the Better – 18 page booklet for parents/carers

Leaflet: School Food is Changing – 2 sided A4 sheet for parents/carers

To order Tel: 0800 089 5001 or e-mail: helpline@schoolfoodtrust.org.uk

British Nutrition Foundation

www.nutrition.org.uk

Resources to down load include:

Leaflet: Ideas for healthier packed lunches – folds out into A4 poster

Also food in schools website

<http://www.foodafactoflife.org/> to sign up for a newsletter and lots of food in schools curriculum ideas and resources

British Heart Foundation

www.bhf.org.uk Tel 020 7935 0185

Wide range of healthy eating resources including a Guide to Food Labelling

Comic Company

www.comiccompany.co.uk

Range of healthy eating resources available

Grab 5

www.grab5.org

Online KS2 curriculum pack to support 5 A Day across the school day

Food in Schools

www.foodinschools.org

Food in schools Toolkit (available online)

Food in schools Toolkit: 2007 update

5 A DAY

www.5aday.nhs.uk

Free resources include:

5 A DAY Poster

5 A DAY Booklet

To order phone Prolog on 08701 555 455

National Governors Association

Food Policy in Schools – A Strategic Policy Framework for Governing Bodies.

Tel 0121 643 5787

For more information contact:

Catherine Goodridge, Regional School Food and Health Co-ordinator WMPHG_enquiries@dh.gsi.gov.uk

Chocolate Bar

Chocolate bar (54g)	Food
455 kcal	Energy per 100g
246 kcal	Energy portion
59.5g	Sugar per 100g
32.1g (8tsp)	Sugar per portion
17.7g	Fat per 100g
9.6g (2.5 tsp)	Fat per portion
0.5g	Salt per 100g
0g	Salt per portion

Nutritional guidelines per lunch for 9 – 12 year olds

Energy 585kcal, Fat 23.7g, saturates 7.5g, protein 8.5g (min), carbohydrate 81.3g, sodium 722mg, salt 1.8g, sugars (total) n/a

Salt and Vinegar crisps 25g bag

Crisps (salt & vinegar 25g)	Food
525 kcal	Energy per 100g
131 kcal	Energy portion
0.5g	Sugar per 100g
0.1g	Sugar per portion
33g	Fat per 100g
8.3g	Fat per portion
2.3g	Salt per 100g
0.6g	Salt per portion

Nutritional guidelines per lunch for 9 – 12 year olds

Energy 585kcal, Fat 23.7g, saturates 7.5g, protein 8.5g (min), carbohydrate 81.3g, sodium 722mg, salt 1.8g, sugars (total) n/a

Blackcurrant Drink 500 ml

Blackcurrant Drink (500 ml)	Food
51 kcal	Energy per 100g
256 kcal	Energy portion
12.1g	Sugar per 100g
60.5g	Sugar per portion
0g	Fat per 100g
0g	Fat per portion
0g	Salt per 100g
0g	Salt per portion

Nutritional guidelines per lunch for 9 – 12 year olds

Energy 585kcal, Fat 23.7g, saturates 7.5g, protein 8.5g (min), carbohydrate 81.3g, sodium 722mg, salt 1.8g, sugars (total) n/a

Lunchables

Lunchables (ham and cheese wrap)	Food
230 kcal	Energy per 100g
210 kcal	Energy portion
0.9g	Sugar per 100g
0.8g	Sugar per portion
8.6g	Fat per 100g
8g	Fat per portion
1.9g	Salt per 100g
1.8g	Salt per portion

Nutritional guidelines per lunch for 9 – 12 year olds

Energy 585kcal, Fat 23.7g, saturates 7.5g, protein 8.5g (min), carbohydrate 81.3g, sodium 722mg, salt 1.8g, sugars (total) n/a



Get cooking



Mini pittas with hummus, cucumber and grated carrot



Get cooking



Couscous salad with grilled chicken, chopped peppers and sultana



Get cooking



Tortillas with cream cheese, ham and lettuce



Get cooking



Fruity Muffins



Ingredients

100g couscous
120ml vegetable stock
1/2 tbsp olive oil
25g cooked chicken
1/2 chopped red pepper
25g sultanas

Equipment

Chopping board
Sharp knife
Measuring jug
Mixing spoon

Method

1. Make up stock using boiling water in measuring jug
2. Add couscous and red peppers and stir, cover the jug and leave for 10 mins
3. After 10 mins add oil to couscous, fluff up with a fork and leave to cool.
4. When cold, add chicken and sultanas and place in a covered container in the fridge.

Ingredients

300g self raising flour
150g soft brown sugar
125g blueberries
1 medium egg
175 ml semi skimmed milk
125ml vegetable oil

Equipment

Weighing scales
Muffin tin or baking tray
Muffin cases
Mixing bowl
Measuring jug
Mixing spoon
Oven gloves

Method

1. Preheat the oven to 190°C/gas mark 5
2. Place flour, sugar and blueberries in a bowl and mix thoroughly
3. Mix the egg, milk and oil in a small bowl using a fork
4. Add the egg mixture to the flour and sugar and gently mix.
5. Spoon into muffin cases and bake for 15 – 20 minutes until golden brown and springy to the touch
6. Cool on a rack

Serves 2

Some suggestions

How about adding:

- Roasted vegetables
- Asparagus, salmon and lemon juice

Top tips

Add herbs and spices or lemon juice to give more flavour to the couscous

Makes 12

Variation

How about replacing the blueberries with:

- 150g fresh raspberries
- 150g chocolate chips
- Finely chopped apple and 1 tsp cinnamon
- 1 sml banana mashed and 1 tbsp chopped nuts
- 1/2 tsp vanilla essence and 50g sultanas

Top tips

Remember to only mix lightly

Don't leave the muffins to cool in the tin as this can make them soggy.

You can add almost anything to this mixture – how about getting your child to test out some new ideas

Ingredients

4 mini pitta breads
16 thin slices of cucumber
2 grated carrots
2 tbsp hummus

Equipment

Chopping board
Cheese grater
Sharp knife
Butter knife

Method

1. Open up the pitta bread
2. Spread with hummus
3. Stuff with grated carrots and slices of cucumber
4. Wrap in cling film and put in the fridge,

Ingredients

2 tortillas
Low fat cream cheese
Wafer ham
Lettuce
Paprika (optional)

Equipment

Chopping board
Cheese grater
Sharp knife
Butter knife

Method

1. Spread tortilla with cream cheese, sprinkle with paprika
2. Add ham and lettuce
3. Fold in 2 inches on each side of the tortilla and then roll lengthways.
4. Cut in half, wrap in cling film and place in the fridge.

Some suggestions

How about trying:

- Tuna, sweetcorn and lettuce
- Chicken, lettuce and red peppers
- Grilled vegetables and cream cheese
- Ham, lettuce and tomato

Variation

Use tortilla wraps instead of pitta bread.

Top tips

You can add your child's favourite sandwich fillings but make sure you also add plenty of fruits and vegetables

Serves 2

Some suggestions

How about trying:

- Tuna, sweetcorn and lettuce
- Chicken, lettuce and red peppers
- Grilled vegetables and cream cheese
- Grated cheese, celery, apple and mayonnaise

Variation

Use pitta bread instead of tortillas

Top tips

You can add your child's favourite sandwich fillings but make sure you also add plenty of fruits and vegetables

Healthy Lunchbox Workshop



Date:

Time:

Venue:

To book a place return the attached slip to your school reception by

I would like to attend the lunchbox session on

Name:

Address:

.....

.....

Tel No.