

You can follow this link to useful information about healthy packed lunches

<http://www.nhs.uk/change4life/Pages/healthy-lunchbox-picnic.aspx>

- Dietary guidelines for children recommend an average calorie intake of approximately 1550 (girls) and 1750 (boys) per day
- The average breakfast contains around 250 to 400 calories

Typical lunchbox we see in school	Calories
Brown bread ham sandwich (2 slices of bread)	150 (bread) 46 (ham) 53 (flora)
Savoury snack such as mini sausage roll, pepperami	126 (pepperami)
2 Petit Filous fromage frais	95 (2 pots of 47g)
Piece of fruit	116 (apple)
Pack of Cadbury's animal biscuits	108 (25g mini pack)
Packet of crisps	157 (30g mini cheddars)
Total	851 calories

Typical NHS Change 4 Life recommended lunchbox	Calories
Banana sandwich with wholemeal bread	150 (bread) 95 (banana) 53 (flora)
Tomato	16
Boiled egg	72
Low-fat fruit yoghurt	80
Small box of raisins	89
Total	407 calories

Typical hot lunch	Calories
Pasta bolognaise	190
Carrots	17
Garlic bread	76
Apple	116
Total	399 calories

A typical packed lunch from home can contain **double** the amount of calories found in a nutritionally balanced meal provided by our caterers. If the free lunch option isn't for your child then you might want to think about putting a little less in a packed lunch, don't forget all children also have a mid-morning snack of fruit or vegetables.