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

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

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.

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.

1 2 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.

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

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

1 2 3
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 tbsp 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
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

Meat, fish and alternatives – vital for healthy growth

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

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

Malt loaf, Banana bread, Fruit scone, Plain popcorn, Fig rolls, Fruit crisps, Fruit based cakes and bars

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 small bread rolls/1 large
- A portion of pasta or rice
- 4 crisp breads
- A few bread sticks

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 frais
- 1 portion cheese

There are five main groups of valuable foods

- Fruit and vegetables
- Bread, other cereals and potatoes
- Meat, fish and alternatives
- Foods containing fat
- Foods and drinks containing sugar
- Milk and dairy foods
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
- Pita 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!
<table>
<thead>
<tr>
<th>Food</th>
<th>Energy</th>
<th>Sugar</th>
<th>Fat</th>
<th>Salt</th>
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<tbody>
<tr>
<td></td>
<td>per 100g</td>
<td>per serving</td>
<td>per 100g</td>
<td>per serving</td>
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<tr>
<td>Salt and Vinegar crisps (25g)</td>
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<tr>
<td>Lunchables (ham and cheese wrap)</td>
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<tr>
<td>Chocolate bar (54g)</td>
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<tr>
<td>Blackcurrant drink (500ml)</td>
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**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 download 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
<table>
<thead>
<tr>
<th>Food</th>
<th>Energy per 100g</th>
<th>Energy portion</th>
<th>Sugar per 100g</th>
<th>Sugar per portion</th>
<th>Fat per 100g</th>
<th>Fat per portion</th>
<th>Salt per 100g</th>
<th>Salt per portion</th>
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</thead>
<tbody>
<tr>
<td>Salt and Vinegar crisps</td>
<td>525 kcal</td>
<td>131 kcal</td>
<td>0.5g</td>
<td>0.1g</td>
<td>33g</td>
<td>8.3g</td>
<td>0.6g</td>
<td>0.1g</td>
</tr>
<tr>
<td>Lunchables (ham and cheese wrap)</td>
<td>230 kcal</td>
<td>210 kcal</td>
<td>0.9g</td>
<td>0.8g</td>
<td>8.6g</td>
<td>8g</td>
<td>1.9g</td>
<td>1.8g</td>
</tr>
<tr>
<td>Chocolate bar</td>
<td>455 kcal</td>
<td>246 kcal</td>
<td>59.5g</td>
<td>32.1g (8 tsp)</td>
<td>17.7g</td>
<td>9.6g (2.5 tsp)</td>
<td>0.5g</td>
<td>0g</td>
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<tr>
<td>Blackcurrant Drink (500 ml)</td>
<td>51 kcal</td>
<td>256 kcal</td>
<td>60.5g</td>
<td>12.1g</td>
<td>0g</td>
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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.

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

Serves 2

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

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

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

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 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. 
