

# Healthy eating Workshop

Healthy eating and lunchbox ideas for parents



# Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Each serving (150g) contains

Energy 1046kJ 250kcal	Fat 3.0g LOW	Saturated 1.3g LOW	Sugars 3.4g HIGH	Salt 0.9g MED
13%	4%	7%	38%	15%

of an adult's reference intake  
**Choose foods lower in fat, salt and sugars**



## PACKED LUNCH POLICY

**YOUR CHILD'S PACKED LUNCH SHOULD INCLUDE ONE PORTION OF:**



**FRUIT**



**VEGETABLES**



**MEAT, EGG,  
BEANS OR  
FISH**



**STARCHY FOOD  
E.G. SANDWICH,  
RICE OR PASTA**



**MILK, CHEESE  
OR YOGHURT**



**BOTTLE OF  
WATER**

**YOUR CHILD'S PACKED LUNCH SHOULD NOT INCLUDE THESE FOODS:**



**CHIPS &  
OTHER HIGH  
FAT SNACKS**



**CHOCOLATE  
BARS, SWEETS,  
CAKES**



**PASTRY/FRIED  
FOODS**



**CEREAL BARS**



**SOFT DRINKS**

# A healthy balanced lunch in 5 steps

**1. Fill up on starchy foods** by making a sandwich with bread, pitta or a roll, or make a salad with pasta, potato, couscous, lentils, rice or chickpeas.



**2. Add a piece of fruit and add salad to a sandwich or eat vegetable sticks as a snack.**



**3. Add a little protein to sandwiches or salad.**



**4. Include yoghurt or cheese as a snack.**



**5. Pack water.**



# Smart lunchbox snap swaps

All healthy snacks cost less than 50p\*



## CRISPS



Swap these for these



## BARS



Swap these for these



## DRINKS



Swap these for these



## TREATS



Swap these for these



## DAIRY



Swap these for these



# 12 Budget lunchbox ideas

Here are 12 ideas to help you save money on packed lunches.



1 Buy fruit by the kilo



2 Buy supermarket brands



3 Buy rolls in bulk



4 Pop your own popcorn



5 Pack dinner leftovers



6 Buy reduced to clear items



7 Fill a bottle with tap water



8 Portion yoghurt into single serves



9 Replace meat with pulses



10 Look for special offers



11 Buy veg and fruit frozen or canned when out of season



12 Look above and below eye level

# Tips for fussy eaters

Here are some tips to encourage children to eat healthy food



Involve child in making food



Disguise veges in dishes



Let child chose lunchbox



Don't offer bribes



Explain why we need healthy food



Don't make a fuss or force



Eat the same healthy foods



Make lunchboxes fun



Eat meals around a table



Remove distractions when eating



Avoid buying junk food



Build on favourite foods

# One minute packed lunches **under £1**

 <p>60p</p>	 <p>10p</p>	 <p>0p</p>
	 <p>25p</p>	
<b>TOTAL COST: £0.95</b>		

 <p>65p</p>	 <p>20p</p>	 <p>0p</p>
	 <p>10p</p>	
<b>TOTAL COST: £0.95</b>		



# One minute packed lunches **under £1**

 <p>50p</p>	 <p>10p</p>	 <p>0p</p>
<b>TOTAL COST: £0.90</b>		

 <p>70p</p> <p><b>LEFTOVERS</b></p>	 <p>5p</p>	 <p>0p</p>
 <p>20p</p>	<b>TOTAL COST: £0.95</b>	

# One minute packed lunches **under £1**

 <p>25p</p>	 <p>25p</p>	 <p>0p</p>
 <p>35p</p>		
<p><b>TOTAL COST: £0.85</b></p>		





 <p>30p</p>	 <p>20p</p>	 <p>0p</p>
 <p>45p</p>		
<p><b>TOTAL COST: £0.95</b></p>		

# One minute packed lunches **under £1**

 <p>60p</p>	 <p>10p</p>	 <p>0p</p>
 <p>25p</p>		
<p><b>TOTAL COST: £0.95</b></p>		





 <p>50p</p>	 <p>15p</p>	 <p>0p</p>
 <p>30p</p>		
<p><b>TOTAL COST: £0.95</b></p>		

# Cost of **healthy** lunchbox v's **unhealthy** lunchbox

 <p>45p</p>	 <p>10p</p>	 <p>0</p>
 <p>20p</p>		
<p><b>TOTAL COST OF HEALTHY LUNCHBOX: £0.75</b></p>		

 <p>60p</p>	 <p>28p</p>	 <p>30p</p>
 <p>50p</p>		
<p><b>TOTAL COST OF UNHEALTHY LUNCHBOX: £1.68</b></p>		

# Cost of **healthy** lunchbox v's **unhealthy** lunchbox

 <p>50p</p>	 <p>7p</p>	 <p>0</p>
 <p>30p</p>		
<p><b>TOTAL COST OF HEALTHY LUNCHBOX: £0.87</b></p>		

 <p>30p</p>	 <p>50p</p>	 <p>40p</p>
 <p>32p</p>		
<p><b>TOTAL COST OF UNHEALTHY LUNCHBOX: £1.52</b></p>		

# Sandwiches



Try these combinations for a tasty sandwich



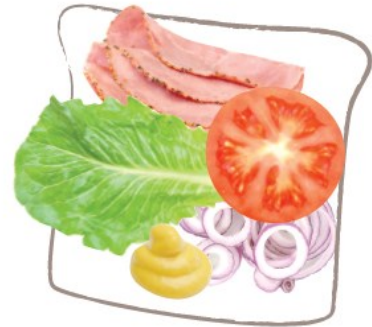
## Hawaiian

LOW FAT CHEESE / HAM  
PINEAPPLE / TOMATO



## Tuna

TUNA / TOMATO / CUCUMBER  
LOW FAT MAYONNAISE



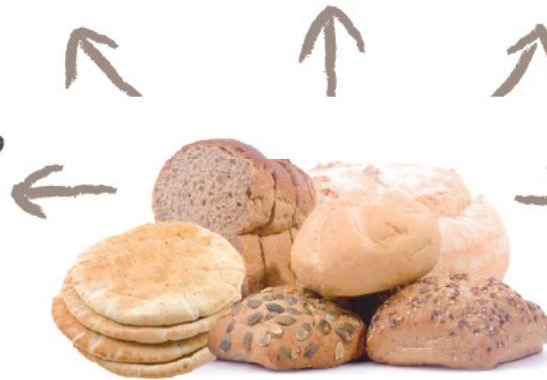
## Beef

BEEF / TOMATO / RED ONION  
LETTUCE / MUSTARD PICKLES



## Leftovers

DINNER  
LEFTOVERS



## Egg

EGG / LETTUCE / CUCUMBER  
LOW FAT MAYONNAISE



## Turkey

TURKEY / TOMATO  
LETTUCE / AVOCADO



## Chicken salad

CHICKEN / LETTUCE / TOMATO  
LOW FAT MAYONNAISE



## Salad

CARROT / LETTUCE / CUCUMBER  
BEETROOT / TOMATO / AVOCADO



**Australian Red Cross**  
THE POWER OF HUMANITY

In association with



Packed lunch

# snack & drink rules

You can bring these in on Fridays



You can bring these in everyday



## YUMMY PIZZA MUFFINS



### Ingredients

- 2 English muffins
- 40ml tomato based sauce
- 2 slices of ham
- 1 handful of basil leaves
- 2x 15ml spoons sweetcorn (canned)
- 60g mozzarella cheese

### Method

1. Cut the muffins in half to create four pizza bases and spread the tomato-based sauce over each pizza base.
2. Tear the ham, mozzarella and basil into small and share it between the pizzas.
3. Add sweetcorn and any other toppings, such as sliced mushroom, chopped cherry tomatoes, diced courgette or canned tuna.
4. Place them under the grill for a few minutes until the cheese begins to turn brown.

5 mins  
prep

3 mins  
cooking

Serves  
1

5/5 for  
taste

## CHICKEN WRAP



### Ingredients

- 4 wholemeal tortilla wraps
- 140g sliced chicken
- 1 pepper, deseeded, thinly sliced
- 100g low-fat cheese, grated
- 12 cherry tomatoes, halved
- 2tbsp low-fat sour cream

1. Place each tortilla onto a plate, cover with cling and warm through in the microwave for 10 seconds. (This makes them easier to roll or wrap even if they are being served cold).
2. Spread each tortilla with a little sour cream, top with sliced chicken, sliced peppers, grated cheese and sliced cherry tomatoes. Fold over the end facing you (to stop the filling falling out) and then fold in the sides over each other.

5 mins  
prep

10  
secs

Serves  
4

4/5 for  
taste



## TUNA PASTA SALAD



### Ingredients

- 100g pasta animals
- ¼ red and yellow pepper, chopped into small pieces
- 40g low-fat cheese, in cubes
- 40g sweetcorn, drained
- 50g frozen peas, defrosted
- 1tbsp light mayonnaise
- squeeze of lemon juice
- 150g tinned tuna, drained

### Method

1. Cook the Goodness pasta animals according to the packet, drain and refresh in cold water. Set aside in a large bowl.
2. Add the diced peppers, cheese cubes, sweetcorn and peas. Mix together the light mayonnaise and lemon, and stir through the pasta.
3. Stir through the tuna and then chill until ready to serve.

5 mins  
prep

10 mins  
cooking

Serves  
1

4/5 for  
taste

## MEXICAN LAYERED SALAD



### Ingredients

- ¾ cup Balsamic dressing
- 1 lime, *juiced*
- 2 avocados, *diced*
- 2 sweet red peppers, *diced*
- 2 cups diced tomatoes
- 1 can black beans, *drained and rinsed*
- 1 ½ cups cooked corn (canned)

### Method

1. In bowl, mix together balsamic-tomato dressing and lime juice
2. In separate bowl, toss white rice and 4 Tbs. dressing mixture. In another separate bowl, gently toss diced avocados and 2 Tbs. dressing mixture.
3. In 6 small Tupperware containers, layer peppers, avocados, beans, rice, tomatoes and corn. Drizzle with remaining dressing mixture. Or toss all ingredients together to serve.

5 mins  
prep

10  
mins

Serves  
5

5 for  
taste

**Food labels include nutrition information that can help us make healthier food and drink choices. By eating well and staying in shape, we can reduce our risk of cancer and other diseases like heart disease and Type 2 diabetes.**

### Types of nutrition information on packaging:

- ◆ Nutrition tables – found on most pre-packed foods and drinks, usually printed on the back
- ◆ Front-of-pack labels – simplified nutrition information (such as traffic light colour-coded labels) found on the front of some pre-packed foods and drinks
- ◆ Ingredients – listed in order of amount (by weight), from highest to lowest

### How to use front-of-pack labels

Looking at front-of-pack labels is the easiest way to see whether a food is a healthy choice. You can use them to compare products. They also show if it's okay to eat a food often (or in large amounts), or if it should be an occasional treat (or eaten in small amounts).

### Not all foods and drinks have a front-of-pack label

Front-of-pack labels are voluntary, but the Government is encouraging manufacturers and retailers to use one consistent design as widely as possible. See the example below.

#### What's a 'serving'?

Food manufacturers decide what is an acceptable 'serving' or portion size.

It's important to check the portion size – even similar types of food might use different sized portions. This example provides the nutrition information for a 30g serving of breakfast cereal, even though many of us would eat more than this.

#### Nutrients – fat, saturates, sugars and salt

Labels show the amount of each nutrient in a portion, in grams.

The amounts will also be colour-coded so you can easily see if that amount is high (red), medium (amber) or low (green).

#### Which colour?

The colour is decided by the amount of each nutrient there is in 100g. In this example, salt is in the amber (medium) category. See the back of the removable card to find out how the categories are decided.

### At a glance: making sense of food and drink labelling

Front-of-pack nutrition label (example)

per 30g cereal					
<b>16</b> SERVINGS	ENERGY	FAT	SATURATES	SUGARS	SALT
	460kJ 110kcal	0.7g	0.1g	5.1g	0.2g
	6%	LOW 2%	LOW 1%	HIGH 6%	MED 4%
% of an adult's reference intake.					
Typical values per 100g: Energy 1530kJ/360kcal					

Always remember to check the serving size these values are for. They may not be for the amount you usually eat or drink.

#### Reference Intake

These percentages show how much a portion provides of the 'reference intake' – the daily maximum amount of each nutrient for an average adult. Exactly how much you need depends on your size and lifestyle, and remember these amounts are an upper limit for most people, not a target to aim for.

#### Energy

Energy is measured in kilojoules (kJ) and kilocalories (kcal – often called calories). Labels show the amount in 100g (100ml for drinks), the amount in a portion, or both. Remember to check which you are looking at so you don't under or overestimate the calories you'll actually be eating or drinking. An average woman needs about 2,000 calories a day and an average man needs about 2,500 calories. Children and older adults tend to need less, whereas teenagers and very active people may need more.

## Does red mean stop?

The more reds on a front-of-pack label, the less healthy the food is likely to be. Most foods with more than one or two reds should only be eaten occasionally. There are some exceptions that you can include in a healthy balanced diet. For example, cheeses are a good source of calcium and protein, and nuts contain healthy fats, vitamins and minerals. So you don't need to cut out these foods altogether, just try to eat them less frequently or only in small amounts.

If a food has all or mostly greens, it's likely to be a healthier choice and you can eat it often or in larger amounts. Amber means a food is neither high nor low in a nutrient, so you can eat foods with all or mostly ambers quite often.

## What does 'no added sugar' mean?

'No added sugar' means exactly that - that manufacturers haven't added any sugar to the food or drink. But this doesn't necessarily mean it doesn't contain any sugar. For example, fruit contains natural sugars, meaning that dried fruits and fruit juices may have amber or even red labels for sugar.

You can check if sugar has been added by reading the ingredients list - as well as 'sugar', look out for words ending in '-ose' as these can be other words for sugar. For example, sucrose, glucose and fructose. Ingredients are listed in weight order, so if any of these appear near the top of the list, the product is likely to be very sugary.

Remember, both added and naturally-occurring sugars are calorific and can damage your teeth so you should try to limit how much you have.

## 'Use by' vs 'best before'

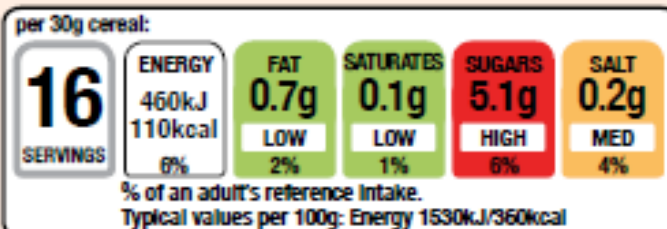
Use by dates are included on foods and drinks that go off quickly, such as fresh milk and meat. Beyond the printed date they are no longer considered safe to eat. Best before dates mean that after the printed date, the food or drink might not taste as it is supposed to, or its texture might have changed, but it is probably still safe to eat.

This information is presented as a double-sided card in the printed version of the leaflet. Cut out both tables separately and stick together back-to-back, to create a handy reference card you can keep in your wallet



### At a glance: making sense of food and drink labelling

Front-of-pack nutrition label (example)



Always remember to check the serving size these values are for. They may not be for the amount you usually eat or drink.



### Food labelling: colour-coding explained

Amount of each nutrient in 100g of food

	HIGH	MEDIUM	LOW
(TOTAL) SUGARS	over 22.5g	over 5g to 22.5g	5g and below
FAT	over 17.5g	over 3g to 17.5g	3g and below
SATURATES	over 5g	over 1.5g to 5g	1.5g and below
SALT	over 1.5g	over 0.3g to 1.5g	0.3g and below

# ANSWER: Are you sugar savvy?



# REWARD JAR

**Instructions:** Cut out these reward cards, fold them in half and then put them in a jar. Reward your children for good behaviour such as eating all their vegetables or trying new healthy foods by allowing them to choose one card from the reward jar. You can add your own reward cards but don't include food rewards as this

Stay up 30  
minutes past  
normal bed time

Chose the  
dinner  
menu



COLOURFUL  
MARBLES



Mini  
notebook



A fun  
rubber

Chose a book, CD or  
movie at the library

Read a book  
with mum or  
dad

20 minutes extra  
computer time

Fun  
stickers



30 MINUTES OF  
BEING BOSS OF  
THE HOUSE

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blank deliberately

# REWARD

# JAR

**BIKE RIDE**  
with mom or dad

**Movie night**  
You choose the movie

**HAVE A  
FRIEND  
OVER**

**Board game  
night**  
You choose the game

**£1 shop trip**



**A bouncing  
ball**



**A fun  
pencil**

**A LITTLE  
TOY**




**One hour of  
being boss of  
the house**

**King for a day:  
Chose seat at  
table and in Car.**

**SKIP A CHORE**

**One park visit**





**Contact  
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