

Smart Snacking

BACK TO SCHOOL NEWSLETTER

WHAT'S FOR LUNCH?

Children need to eat a variety of foods every day to be healthy. You can give your child a healthy school lunch that tastes great and is good for them too. Many parents say one of the major problems with school lunches is when the children bring them home! Try to give kids some choice about what they take for lunch, and if possible, get them involved with preparing healthy foods.

What is a healthy school lunch?

A healthy lunchbox has four components:

- One fresh fruit / nuts / crunchy vegetable
- One healthy protein
- One whole grain
- One dairy item



Adding natural yogurt, unflavored milk, or a small helping of cheese can benefit your child by giving them a good source of vitamin D, calcium, and potassium. If your child has dietary restrictions that keep them from consuming milk products, dairy-free options, especially soymilk and soy yogurt, which provide excellent sources of the vitamins and minerals that milk supplies.

Healthy Lunchbox Tips:

Include food from the five food groups. This will ensure your child receives adequate nutrition from various food groups during the day.

NOTE

Avoid giving sugary snacks, biscuits, wafers, or chocolates.

Lunchbox Ideas

Mix and match the following samples to keep your child interested in the food you provide:

Lunchbox 1

- Fruit in season
- Pita bread, filled with salad and vegetables.
- Boiled egg/ cottage cheese
- Natural yoghurt
- Water



Lunchbox 2

- Fruit salad
- Stuffed parantha (spinach/ methi/dal)
- Natural yogurt
- Aam Pana



Lunchbox 3

- Fruits in season
- Egg/ sprouts, lettuce, tomato, cheese wholewheat sandwich
- Dried fruit and nuts
- Homemade Lemonade



Lunchbox 4

- Fruits in season
- Vegetable potato/ chicken cutlets
- Oats Ladoo
- Laban

Plan Ahead

Planning for busy times helps you get through them a little easier. Think about the lunches you will be preparing for next week and make sure you buy the necessary ingredients when you do your regular shopping.

FOOD SAFETY

When packing a school lunch, it is important to consider how the lunch will be kept cool to prevent food and drinks from spoiling. Try the following:

Steel lunch boxes with food wrapped in muslin cloth.

Steel bottles or copper bottles should be used as a replacement for plastic water bottles.

Freeze small packs of UHT milk or water ahead of time.

When preparing lunches the night before they will be eaten, make sure they are stored in the fridge overnight.

Choose a lunch box that includes a water bottle. Fill the bottle with water and freeze it, then place it in the lunch box to keep food cold

As part of our ongoing efforts to promote healthy eating habits among our students, we have fruit break in our school. A fruit break is a simple yet effective way to boost energy levels, improve digestion, and support overall well-being.

This month's fruit is the juicy mango. Mangoes are not only tasty but also packed with vitamins and antioxidants that are beneficial for health. Grab one during fruit break to boost your energy and feel great!



Kindly fill the nutrition survey form with the provided link:

<https://forms.office.com/r/D8KRp21cWb>