Startwell's Guide to Promoting Healthy Packed Lunches



The Packed Lunch Audit tools are designed to help settings monitor and promote packed lunches to meet the basic recommendations in the Startwell Menu Guidelines. These are to:

- Bring a minimum of one portion of fruit and veg per day,
- Limit sugary and/or fatty desserts to once a week,
- Limit the amount of processed food e.g. processed fruit snacks, processed meat/fish/meat alternative products, instant noodle and rice pots.
- Drink plain milk or water only.

Follow the step-by-step guide below to improve the quality of packed lunches in your setting:

1. Complete the Packed Lunch Audit and send to the Startwell Team. A Startwell nutritionist will analyse your lunches and send you your results. This will tell you how healthy your lunchboxes are and which areas need improvement.
2. Edit Startwell's Healthy Packed Lunch Policy and launch the policy with parents/carers..
3. Promote healthy packed lunches by sharing Startwell's Packed Lunch Ideas handout, creating a display board, newsletter articles and sharing information on social media and electronic learning journals etc.
4. Do food tasting and cooking activities with children and parents e.g. making wraps and pasta salad. For more ideas visit Cooking with Children and Activity Ideas in the support for Professional section on the Startwell Website.
5. Monitor packed lunches by using Startwell's Lunchbox Tokens.
6. Redo the audit and send this to Startwell team and the Startwell nutritionist will compare your before and after results to see improvement. Complete the audit annually.