

Dear Parents & Carers,

We appreciate that everyone is trying to provide food that children will readily enjoy and eat. The school meal caterers provide hot, nutritionally balanced school meals for all children, should it be requested. However if you choose to give your child a packed lunch, the following information may be of help.

Best Wishes,

Rebecca Spencer - Food in Schools Coordinator on behalf of Bexley Healthy Schools Programme



Based on recent surveys across 283 packed lunches in Bexley, the average packed lunch currently contains.....



Sandwich
£0.24*



Crisps
£0.15*



Chocolate Biscuit
£0.27*



Cheese String
£0.30



Fruit Shoot
£0.31



Frube Yoghurt
£0.23

Total per child per day = £1.50
Total per child per week = £7.50
Total for 2 children per week = £15.00

At least one week's supply of healthier packed lunch ingredients for 2 children – some ingredients will last longer than 1 week e.g. mayonnaise & eggs.



1 Loaf of Bread
£0.74



10 Ham Slices
£1.47



1 Tin of Tuna
£0.67



100g Cheddar Cheese
£0.60



1 Jar of Mayonnaise
£0.74



Mixed Salad
£2.54



10 Chicken Slices
£1.49



6 Eggs
£1.01



10 Yoghurt Pots
£1.20



10 Apples
£1.00



15 Plain Mini Cakes
£1.99



Water
£0.00

Total weeks shop = £13.45*

A few ideas on how to use these ingredients across the week.....

Ham & lettuce sandwich	+	Yoghurt	+	Apple	+	Plain Cake	+	Water	=	Per child £0.70
Tuna & cucumber sandwich	+	Yoghurt	+	Apple	+	Plain Cake	+	Water	=	Per child £0.88
Chicken & lettuce sandwich	+	Yoghurt	+	Apple	+	Plain Cake	+	Water	=	Per child £0.67
Cheese & cherry tomato sandwich	+	Yoghurt	+	Apple	+	Plain Cake	+	Water	=	Per child £0.94
Egg & cress sandwich	+	Yoghurt	+	Apple	+	Plain Cake	+	Water	=	Per child £0.62

Total cost per child per week = £3.81*

* based on average prices of 'own brands' across major supermarkets in Bexley - Prices correct as of January 2009

Something a little different.....

For plenty of energy:



1 Pack of Couscous
£0.63



6 Pitta Breads
£0.47



6 Wraps
£1.34



1 Bag of Pasta
£0.79



6 Bagels
£0.99

For good growth:



1 Tin of Salmon
£0.76



1 Tub of Cream Cheese
£0.75



1 Pack of Beef
£1.14



1 Tub of Humous
£0.86



1 Pack of Cooked Chicken Drumsticks
£2.20



1 Tin of Tuna
£0.67

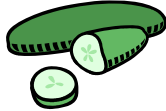
For vitamins and minerals to keep children healthy:



1 Can of Sweet corn
£0.34



1 Bag of Carrots
£0.68



1 Whole Cucumber
£0.68



1 Box of Cherry Tomatoes
£0.84



1 Pineapple
£1.54



4 Kiwi
£0.43



1 Punnet of Strawberries
£2.24

For healthy bones & teeth ... something sweet to finish with:



1 Bag of Frozen Fruit & 500g of Natural Yoghurt
£2.78



6 Pots of Fromage-frais
£0.76



Homemade Stewed Apple & 1 Tub of Fresh Custard
£1.33



Total weeks shop = £22.22*

Couscous	+	Chicken drumstick	+	Cucumber	+	Fromage frais & pineapple	+	Water	=	Per child £0.89
Pitta	+	Humous	+	Carrot sticks	+	Frozen fruit & natural yoghurt	+	Water	=	Per child £0.82
Wrap	+	Beef	+	Cherry tomatoes	+	Apple & custard	+	Water	=	Per child £0.84
Bagel	+	Salmon & cream cheese	+	Cucumber	+	Kiwi	+	Water	=	Per child £1.03
Pasta	+	Tuna	+	Sweet corn	+	Fromage frais & strawberries	+	Water	=	Per child £1.22
										Total cost per child per week = £4.80*

* based on average prices of 'own brands' across major supermarkets in Bexley - Prices correct as of January 2009