

# Assessment of energy and nutrient content of a recipe food box for schoolchildren “Nutrition in a BRITE Box”

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## INTRODUCTION

- BRITE Box is an innovative initiative, borne from the pandemic to alleviate food insecurity in schoolchildren and their families. <sup>1</sup>
- All ingredients are weighed and sufficient to feed a family of five with an easy to follow, low cost recipe
- The boxes are supplied to schools once a week, for a school year for schools signed up to the scheme.

## AIM

- To assess the energy and nutrient content of a typical BRITE Box recipe and compare with the Caroline Walker Trust Guidelines (CWT).

## METHOD

- We analysed a preliminary 21 recipes using dietary software (*Nutritics, 2023*). The published recipes were used and the divided by the number of servings to obtain the energy and nutrient content per serving size.
- We compared with government guidelines for food standards for schools. <sup>2</sup>
- We also compared with the CWT nutrient based guidelines for children aged 9-12 years (for after school meals). <sup>3</sup>



## RESULTS

- The recipe boxes met the government standards providing adequate sources of protein from meat, fish, eggs or beans; at least two servings of vegetables; plenty of unrefined starchy foods and some dairy foods.
- Our findings suggest that BRITE box meet the CWT nutrient-based guidelines for 9-12 year olds.

## DISCUSSION

- There is the added benefit of fresh vegetables, and dairy foods which is often missing in a traditional food parcel. <sup>4</sup>
- Also provides an opportunity to cook, introduce new flavours, enhance life skills and encourage family bonding. <sup>5</sup>

		BRITE Box (n=21 recipes) per serving		CWT guidelines for 9-12yrs old (after school meals) <sup>2</sup>		
			SD		Boys	Girls
Energy	kcal	465	108		419	359
Total fat	g	15.5	10.6	max	16.3	14
Saturated Fat	g	5.2	5.9	max	5.1	4.4
Total Carbohydrate	g	56	16.9	min	55.9	47.8
Fibre (NSP)	g	6.7	3.5	min	3.4	2.9
Protein	g	25.5	10.7	min	7	7
Iron	mg	2.9	0.86	min	2	2.4
Zinc	mg	2.5	1.5	min	1.6	1.6
Calcium	mg	153	102	min	160	140
Vitamin C	mg	54.2	29.6	min	6.5	6.5
Folate	mcg	70	27.7	min	35	35
Sodium	mg	461	104	max	430	430
Fruit and Vegetable	portion	1+ portion		min	1 portion	1 portion

## REFERENCES

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