

A healthy lunchbox

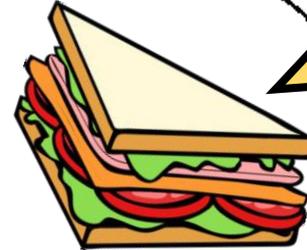
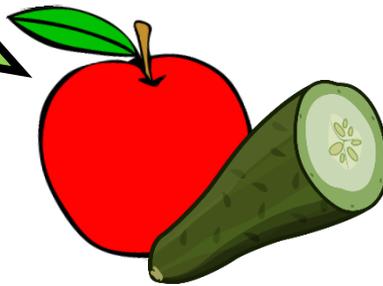
Add some fruit or salad

- Cut up grapes or apple
- Bananas and oranges
- Sliced carrots and cucumber
- Cut up cherry tomatoes and celery
- Blueberries and blackberries

Choose a main dish

Why not try...

- Creamy hummus dip with pitta bread and vegetable sticks
- Chicken and salad wrap
- Soft cheese and salad sandwich

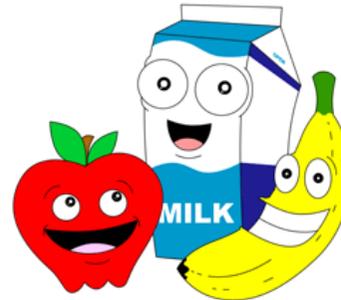


Add a little something else

- Jelly pots
- Popcorn or rice cakes
- Small put of fruit
- Yogurts
- Malt loaf
- Fruit bread
- Dried fruit

Choose a drink

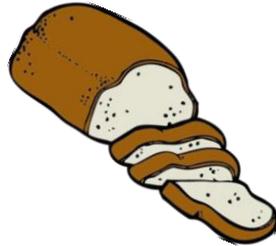
- The healthiest option is a bottle of water
- Orange or apple juice cartons
- Orange or blackcurrant squash



Lunchbox Tips

Keep them fuller for longer –

Base the lunchbox on foods like bread, rice and pasta. Choose wholegrain where you can! If your child does not like wholegrain try to mix it up, one slice of white and one slice of wholegrain.



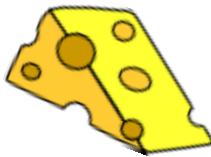
DIY lunches –

Wraps and pots of fillings can be more exciting for children. Dipping foods are also fun for them! Try using different shaped bread such as; pittas and bagels.



Cut back on fat –

Use less butter in sandwiches etc and avoid using mayonnaise. Pick lower fat sandwich fillings such as lean meats; chicken and turkey, fish; tuna and salmon and reduced fat cheeses.



Always add veg –

Cherry tomatoes, sticks of carrots, celery and peppers all count towards their 5 a day. Adding a small dipping sauce such as hummus may help with your child eating healthier. Try to add salad to sandwiches too!



Cut down and add –

Cut down on crisps and chocolate. Try to swap for homemade popcorn or rice cakes instead. Add bitesize fruit such as; strawberries, halved grapes, slides of melon and blueberries. Add a squeeze of lemon juice to stop it going brown.



Watch the teeth and get them involved –

Go for low fat and low sugar on all products this will reduce the risk of tooth decay. Get your child involved in packing their lunch and choosing what goes in it. They are more likely to eat it if they helped make it.

