



easy ways to make lunchboxes healthier



School dinners are changing for the better. You should have noticed a difference in what's on offer, with healthier foods being served.

If your children prefer packed lunches here are some tips to help make their packed lunch healthier too. You can make up the lunch in the morning before school. Or, if you're usually pushed for time in the morning, prepare it the night before and put it in the fridge.

me sized meals

Even though they are growing children need to eat the right amount for their age. Young children will need quite small portions of foods and older children who are very active may need much larger amounts.

a healthy lunchbox contains a variety of foods

Start with starchy foods - always include foods like bread, rolls, bagels, wraps, rice, pasta or potato.

Start their packed lunch off with some starchy carbohydrate to give long-lasting energy. Wholegrain or white bread are probably the easiest choice but for a change from ordinary bread you could try pittas, bagels, baguettes, ciabatta, bread rolls or wraps.

Wholegrain or plain pasta or couscous can be mixed with meat, fish and vegetables and eaten cold.

and then Protein

Add a portion a food rich in protein, such as chicken, lean meat, fish, egg or cheese either on its own or as a sandwich filler.

add a couple of portions of fruit and vegetables

Try to add a portion of fruit and a portion of vegetables to help towards their 5-a-day.

need something extra?

Add a healthy snack like a yoghurt, currant bun or rice pudding.

thirsty?

Remember always include a drink. Water, milk, pure fruit juice and fruit smoothies are good choices. It is important your child has plenty of water to drink, this should be freely available in school.

five a day



- As well as fresh fruit such as apples and bananas you can add variety by including a handful of grapes, chopped fresh fruit salad, orange segments or melon pieces, or a small box of raisins or tinned fruit in juice.
- Don't forget to include some vegetables, such as cherry tomatoes, or sticks of carrot, cucumber, broccoli, celery and peppers.
- Once a week, why not go for a colourful mixed salad and a bread roll.

keep it cool! - avoid food poisoning

Lunchboxes should be kept cool - ideally use an insulated lunchbox with icepacks or a frozen carton of juice to keep it cool. If sandwiches are prepared the previous evening, always store them in a fridge overnight. And don't forget to keep the packed lunch cool at school.

here are a few lunch ideas to try, or you could make up your own combinations

Suggestions for a weeks packed lunch menus:



day one

Multigrain bread or rolls
Cheddar cheese with apple slices
or cranberry sauce or chopped
hard boiled eggs with cucumber or
lettuce

Banana
Flapjack
Pure fruit juice - orange



day two

Cooked pasta or couscous mixed
with cooked chicken or turkey,
tomatoes, and lettuce

Pear
A pot of fruit yoghurt
Sparkling water

day three

Multigrain bread or crackers
Light low fat cheese spread and
dried apricots or cucumber

Tangerine /satsuma
Malt loaf or scotch pancakes
Pure fruit juice - apple

day four

Pitta pockets or wraps with ham
with sliced tomatoes, lettuce and
cucumber
Apple

Bara Brith
Yoghurt drink
Plain water



day five

Ciabatta bread or bagels
Tuna, cucumber, green pepper,
sweetcorn and tomato
Pot of mixed sliced fruit

- melon and pineapple cubes
with grapes
Rice pudding pot
Fruit smoothie

top tips for a healthier lunchbox

- Pack foods attractively; cut foods into shapes; use a variety of containers. This is an opportunity to re-cycle packaging e.g. use clean, empty containers.
- Involve your child in planning his/her lunchbox. Encourage him/her to try new foods. Variety is the key to a healthier lunchbox. Give praise, reward stickers etc, if they eat new foods.
- You could also raid the fridge for leftovers. Some foods taste just as good cold, such as pizza or pasta. Cook extra pasta or couscous. Mix with cut-up vegetables, and protein such as tuna, then just add your favourite dressing.
- Make sandwiches with thickly sliced bread, or choose rolls or mini pitta breads. Go for wholegrain or wholemeal varieties when you can.

Many children are taking food to school that contains too much saturated fat, salt and sugar. To help parents give their children varied and balanced lunchboxes, here are some practical tips and suggestions.

tips for cutting down on fat

- Cut down on the amount of butter, margarine or mayonnaise you use and use lower fat alternatives.
- Use low-fat sandwich fillings, such as chicken, lean meats, ham, beef, fish (e.g. tuna), boiled egg.

tips for reducing sugar

- Rather than drinks that are very high in sugar, such as fizzy drinks or 'juice drinks', go for unsweetened fruit juice, water, milk or fruit smoothies.
- Replace cakes, chocolates and biscuits with scones, currant buns, fruit bread, fruit, pot of rice pudding or yoghurt.



tips for reducing salt

- Cut down on snacks that are high in salt, such as crisps and salted nuts. Replace them with unsalted or lower salt varieties or choose fresh, dried or tinned fruit instead.
- Watch out for heavily salted foods such as bacon, cheese and smoked fish. It's not a good idea to give these to your child every day.
- Go easy with sauces and pickles because these are often very high in salt.

A healthy lunchbox has a variety of foods from these food groups

Fruit and vegetables

1 portion of fruit and 1 portion of vegetables.

Try:

Cherry tomatoes, raw vegetable sticks, fruit salad, raisins, an apple, an orange, a banana or a bunch of grapes.

Dairy foods

1 portion daily of a food rich in calcium is essential for children's growing bones.

Try:

Yoghurt, fromage frais, cheese, milk, rice pudding, custard.

Always include foods like bread, rolls, bagels, wraps, rice, pasta or potato.

Protein

A portion of a food rich in protein either on its own or as a sandwich filler.

Try:

Chicken, lean meat, tuna or other fish, peanut butter, eggs or houmous.

Thirsty?

Remember always include a drink. Water, milk, pure fruit juice and fruit smoothies are good choices. It is important your child has plenty of water to drink.

Keep it cool!

Lunchboxes should be kept cool – use a freeze block or similar. If sandwiches are prepared the previous evening, always store them in a fridge.

Menu ideas for one week

Monday

Chicken and lettuce or cheese and tomato sandwich on granary bread
Cherry tomatoes
Low sugar jelly with added fruit
Chocolate or strawberry low fat/low sugar milk shake

Tuesday

Vegetable sticks – carrot, pepper, cucumber
Slice of pizza
Yoghurt
Scone or hot cross bun
Water

Wednesday

Pasta salad with sweet corn and peas
Slice of cold meat or cheese
Slice of fruit loaf
Banana or apple
Carton of unsweetened orange juice

Thursday

Houmous, (or ham) lettuce and tomato wrap
Small packet of low fat crisps
Fromage frais
Slice of melon or a tangerine
Carton of unsweetened apple juice

Friday

Wholemeal bread roll filled with tinned salmon or tuna with cucumber and mayonnaise
Small bunch of red or green grapes
Pot of rice pudding
Water

