



Healthy Lunchbox Ideas

NHS guidelines suggest that a balanced lunchbox will contain something from each of the following groups:

- a starchy food such as bread, pasta or rice
- a protein source such as meat, fish, egg or beans
- a source of calcium such as yoghurt, cheese or milk
- fresh vegetables or salad
- fruit (including fresh fruit juice and dried fruit in small amounts due to tooth decay)



You can make sandwiches more interesting by using different types of breads – try tortilla wraps, chapattis, pitta or bread flavoured with herbs, or cheese. It's also fun to use cookie cutters to cut sandwiches into different shapes.

If your child is bored of sandwiches, try making a colourful pasta or rice salad, or send them with a dip such as hummus and a handful of breadsticks and veggie sticks.

Make fruit fun and easy to eat by chopping it into quarters and small pieces, don't forget to include a spoon. You can stop fruit such as apples and bananas from going brown by tossing them in a little water mixed with lemon juice and storing in an airtight container.

As a treat children may wish to have a small chocolate snack such as a two finger KitKat or Blue-Ribbon style snack OR they may wish to have a packet of baked crisps.

We are a healthy eating and allergy aware school ensuring we are nut and seed free.

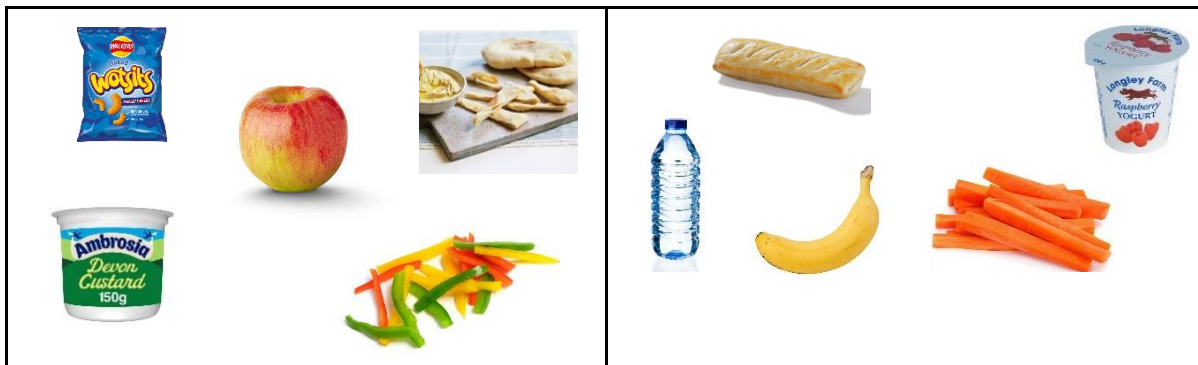
Lunchbox Ideas



Don't be tempted to include too much in your child's lunchbox, especially for younger children. Think about what you would serve them for a normal lunch at home. Often, children struggle to eat large amounts and they are always keen to finish quickly so that they can go outside to play with their friends!



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