

# Healthy Lunchbox

If your child takes a packed lunch to school every day, by the time they leave at 16 you will have prepared over 2000 lunchboxes!

Lunch is a crucial meal on which your child depends for a third of their daily nutritional requirements. A healthy lunch restores flagging energy and boosts concentration.

A healthy packed lunch box should include a balance of food types. Carbohydrates, for example, give energy. The most usual source is a sandwich but can equally well be provided by pasta, rice, noodles or couscous and by beans, chickpeas and other pulses.

Wholewheat bread/pittas and other grains are a better source of fibre than white bread and will boost your child's energy longer.

Protein is vital for healthy growth – principal sources are meat, fish, dairy products, eggs, nuts and pulses.

Include a portion of fruit and/or vegetables. Put tomatoes, lettuce and cucumber into a sandwich or cut up carrot sticks and peppers to go in a dip.

Dairy products, such as cheese, yoghurts and fromage frais provide variety.



### Menu ideas for lunches

- Tuna/salmon + cucumber sandwich, apple, a few Twiglets, small box of raisins
- Cheese and coleslaw sandwich, grapes, yoghurt, flapjack
- Ham and lettuce sandwich, Satsuma, yoghurt, carrot sticks
- Slice of pizza/quiche, salad, melon + strawberries
- Tuna salad, 2/3 cherry tomatoes, yoghurt, nuts and seeds, cherries
- Rice salad with roasted vegetables/beans, dried apricots, nuts and seeds, Fruit salad
- Soup, crackers/pitta, sausage, peach, Geobar
- Chicken drumstick/pieces and salad, yoghurt, raspberries
- Crackers, hummus, cheese, cucumber sticks, apricots, piece of cake
- Prawn salad with noodles, jelly, cake, fruit salad
- Peanut butter sandwich, carrot/cucumber/pepper sticks, plum

- Egg and cress sandwich, apple, yoghurt, cake
- Chicken fajita, Satsuma, smoothie
- Chinese savoury snacks, green salad, fruit salad
- Couscous salad with roasted vegetables, nectarine,
- Chopped sausage and potato salad, hard-boiled egg, banana,
- Pasta salad, yoghurt, nuts and seeds, cherries
- Pitta pocket with hummus and green salad, kiwi fruit and pineapple, unsalted nuts and raisins

### Tips

- ◆ Choose a lunch box with your child and please write their name clearly on the side as we often have duplicates.
- ◆ In warmer weather it is a good idea to use a small ice pack to keep food fresh.
- ◆ Buy a selection of small plastic containers to keep different foods separate and enable you to vary your child's lunchbox
- ◆ Water to drink
- ◆ Please include cutlery eg spoon for a yoghurt.

