

# Healthy lunchbox ideas for parents /carers

Healthy eating is essential for children, as the good eating habits begun in early life will stay with them throughout adulthood.

The contents of your child's lunch box is, of course, up to you and your child, but please do not send your child with any of the following:

- High-salt and / or fried snacks e.g. crisps, Hula Hoops (The Organix range is suitable for young children)
- Sweets (including chocolate)
- Drinks - we provide water here

We will return any of the above.

- Below are some ideas, if you're stuck for inspiration!

Just include something from the four main food groups, pop in a drink and away you go!

## **Start with the basics—bread, cereals and potatoes.**

Try different types of bread, e.g. sliced bread, bread rolls, pita breads, chapatti, baguettes, crackers...the list is endless! If you choose to use a spread on sandwiches try using low fat varieties.

Go for a variety of breads too—wholemeal, granary, high fibre white, brown or white.

Why not make lunch with rice, pasta or potatoes instead of sandwiches? Try pasta salad.

## **Add tasty fillings—meat, fish and alternatives.**

Try to include lean meat, chicken, fish, eggs, nuts, beans or pulses in your lunch box.

Why not have fillings such as chicken/lamb tikka or keema in chapatti or pitta bread, with some salad?

Other tasty fillings include:

- Egg mayonnaise with cucumber
- Tuna with sweetcorn
- Kebab sandwiches
- Low fat cheese with tomatoes

## Fruit and vegetables

It is important to aim for five portions of fruit and vegetables in a day. However, instead of throwing in the same old apple or banana try exotic alternatives such as:

- Kiwi
- Strawberries
- Carrot sticks
- Small packet of mixed dried fruits
- Cherry tomatoes
- Tinned fruit in natural fruit juice. These can be placed in a small plastic container or can be bought in small tins with a ring pull

## Dairy delights

Try to include some dairy products in your lunchbox. They're important to keep your teeth healthy and your bones strong:

- Low fat yoghurt—plain or flavoured fruit
- Low fat fromage frais
- Small pot of rice pudding
- Milkshake

## Added extras

Fancy a 'treat' in your lunch box? There's nothing wrong with this. Just try and make healthier choices when you can:

- Cereal bar
- Fruit cake, currant bun, scone or slice of carrot cake