



Healthy Lunchboxes

A Guide for Parents



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)

You can make sandwiches more interesting by using different types of breads – try tortilla wraps, chapattis, pitta or bread flavoured with herbs, seeds or cheese.

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 small pieces and including 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. You can use cookie cutters on fruit that can be cut into larger slices, such as melon or pineapple.

Try not to include foods high in fat and sugar on a daily basis. Make healthy swaps, such as crunchy carrot sticks instead of crisps, or a fruity yoghurt instead of a cake. Please only include 1 sweet treat.

Please cut food such as grapes, cherry tomatoes etc top to bottom –



Lunchbox checklist

- Spoon
- Only 1 sweet treat / pudding
- No sweets (Haribo, smarties etc)
- Cold pack
- No fizzy drinks
- Grapes etc cut top to bottom.

All uneaten food and all packaging will be returned in the lunchbox, so parents are able to monitor what has been eaten.

