



## HEALTHY PACKED LUNCHES

Children who bring in packed lunches should be encouraged to bring in healthy options that reflect the healthy messages being promoted by school.

### Healthy lunchbox suggestions

Try to vary the type of bread such as wholemeal, granary or high fibre white bread. Also make sandwiches from different kinds of bread including bread rolls, French bread, bagels and pitta bread as well as sliced bread.

Use a different sandwich filling each day – preferably including a fruit or vegetable.

#### For example

- Chicken, lettuce and tomato
- Grated cheese and carrot
- Tuna and sweet corn
- Cheese and cucumber
- Mashed banana
- Hummus
- Cottage cheese, grated carrot and grated apple

### Fruit and Vegetable

#### Some fruits to try:

- Seedless grapes
- Satsumas, tangerines or Clementines (peeled and wrapped for younger children)
- Small bananas
- Cherries
- Apples (can be cut into pieces for younger children and brushed with lemon juice to avoid browning)
- Plums
- Dried fruit such as apricots, dates or raisins
- Fruit salad (apples, Satsumas, pears, pineapple chunks, kiwi fruit and grapes work well together. Avoid bananas because they go brown.

- Canned fruit transferred to a pot (use fruit stored in natural fruit juices rather than syrup)

#### Some vegetables to try:

- Carrot sticks
- Celery sticks
- Pepper sticks
- Cucumber chunks
- Baby sweet corn
- Grated carrot and raisin salad

### Drink

Avoid sugary and fizzy drinks. Instead use water or fruit juice.

### Other lunch box items

#### Sweet suggestions

- Scones
- Malt loaf
- A flapjack – mini size
- Yoghurt
- Teacakes

#### Savoury suggestions

- Rice cakes
- Bread sticks
- A boiled egg
- Cheese and crackers
- Plain popcorn

