

## Our Healthy Lunchboxes are amazing!

Tasty, varied lunches are the order of the day, with a wide variety of foods. Our children like to talk about what is in their lunchbox and why it is good for them too.

Ensuring the meal contains fruit and/or vegetables, a good helping of starchy carbohydrates and some dairy products results in nutritionally balanced lunches. Giving children the understanding of Healthy Eating has lifelong benefits.

### Healthy options...

#### If you want a change from sandwiches...

- Try soup - a flask of warm vegetable soup can provide a portion of your five-a-day and boost fibre intake. Homemade versions can be made to personal taste, but shop-bought ones are fine, too (check the label to avoid those with a high salt content).
- Rice, noodles, lentils, couscous, bulghur wheat and pasta all form the basis of salads, accompanied by chopped vegetables, fruit, seeds and nuts to boost vitamin and mineral intake. Add protein such as chicken, tuna, prawns and soya.
- Use leftovers from your meal the night before; homemade pizza, omelette or quiche, can all be eaten cold the next day, perhaps with green salad.
- Vary the type of bread throughout the week: Wholemeal, granary, oat-topped, seed-based, ciabatta, rye, bagels, wraps, pitta, baguettes and rolls. Wholemeal varieties give maximum nutrients (such as fibre, B vitamins, vitamin E and magnesium)

## Fill up your lunchbox with the following extras:

- **Fruit** – apples, grapes, plums and berries. Chopped fruit, fruit salad or dried fruit such as apricots, raisins and dates are easy to eat. A fruit smoothie is also a healthy option.
- **Vegetables** - chopped vegetables such as carrot, celery and cucumber with dips such as hummus - a very nutritious snack. Cherry tomatoes, sliced peppers, baby corn and sugar snap peas add colour too!
- **Desserts** – Mix fruit in with natural yoghurt –very tasty. Yoghurt drinks or small pots of custard or rice pudding top up calcium intake; also provide an alternative to more sugary or fatty options.  
If you like cakes and biscuits, try hot-cross buns, scones and malt loaf. Include your favourite cake once in a while, but keep the portion small.
- **Variety** keeps lunchboxes appetising and appealing.  
Sandwich fillings packed with salad add colour and nutrients. Add low-fat nutritious options such as lean meat, fish, egg and low-fat cheese.
- Adding a treat every now and then is fine -Treat Friday for example - try fun-size chocolate bars, snack-sized packets of biscuits and sweets to keep portions small and the calorie, fat and sugar content low.
- **Drinks** -Water is best!  
Unsweetened fruit juice and smoothies count towards one of your five a day, but avoid sugary drinks which can add lots of extra calories and are bad for dental health.  
Milk-based drinks also, are a healthier option for teeth than sugary alternatives.

Send us your Lunchbox Favourites!