

PLANNING A NUTRITIOUS PACKED LUNCH

1



Always wash your hands before preparing a packed lunch. Ensuring children's hands are also washed before they eat

2



Choose a reusable lunchbox that has multiple compartments to separate foods. Don't forget to write your child's name on it!

3



For drinks, use a free-flowing reusable bottle, as this encourages children to sip rather than suck

4

Remember that variety is key, so offer new foods regularly and keep children's lunchboxes exciting by including foods that are different colours, shapes, and textures

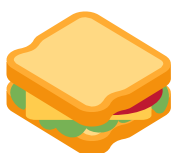


5

Involve children in choosing what goes into their lunch box, as they're more likely to eat it! Encourage them to help prepare the foods with you

6

To avoid sandwiches and wraps going soggy, pack vegetables, such as cucumber and tomatoes, in separate containers



7

Ensure lunchboxes being stored out of the fridge are kept cool. So avoid leaving them in direct sunlight or near warm radiators



8

Try to store packed lunches in the fridge. If there isn't one available, use a frozen bottle of water, cool bag, or ice pack to keep food cool and safe to eat until lunchtime



What to Include in a Packed Lunch for your Child

✓ A portion of starchy foods, such as:

- Cooked yam or potato
- White or wholegrain bread
- White or wholegrain rice
- Couscous or pasta
- Malt loaf



✓ A portion of fruit and vegetables, such as:

- Sliced carrot, cucumber or tomatoes
- Avocado fingers
- Sugar snap peas or green beans
- Sliced melon or pear
- Satsuma or orange segments



✓ A portion of protein foods, such as:

- Sliced boiled egg
- Sliced chicken or turkey
- Houmous or other pulses and bean dips
- Tuna, mackerel or salmon
- Tofu
- Smooth nut butters



✓ A portion of dairy or dairy alternative foods, such as:

- Cheese e.g. cream cheese or cottage cheese
- Milk or unsweetened calcium fortified milk alternative
- Homemade rice pudding
- Plain yoghurt



✗ Avoid foods high in salt, fat and sugar, such as:

- Flavoured yoghurts
- Crisps, including vegetables crisps
- Biscuits, cereal bars, and mini cakes
- Squash and fruit juice

✓ A tooth-friendly drink

- Tap water
- Cows' milk
- Unsweetened calcium fortified milk alternatives (e.g. soya-based and pea-based)



Lunch Example

