

Swap
WHEN YOU **COOK**

Swap
WHEN YOU **SHOP**

Swap
WHEN YOU **SNACK**



Eating Well: Lunch Boxes

A well balanced healthy lunch box will provide kids with all the energy and brain power they need for a busy day at nursery or school. Here are some ideas to help you create a healthy lunchbox for your family and avoid waste.



Young children naturally have much smaller stomachs than adults. No matter what you're serving, portion size is very important. Your child's hand size is a good way to measure the portion size they will need for lunch. E.g palm

for protein, fist for fruit, fist for carbs, two handfuls for veg, two finger size piece of cheese, thumb-sized serving of spread. See over the page for more information.

Bread is a staple part of many packed lunches but you can use alternatives to sliced bread, such as pittas, wraps, rolls or flatbreads. Try choosing brown, wholemeal or multigrain options for more fibre which makes you feel fuller and also helps energy levels last longer.



Encourage younger children to eat their packed lunch by including naturally brightly coloured foods with different shapes and textures to help them enjoy their food.

Include chopped colourful vegetables that can be eaten with fingers, such as cherry tomatoes, cucumber slices, carrot sticks, pepper strips, baby sweetcorn, radishes and celery sticks.

Include colourful fruit such as satsuma segments, apples, banana, blueberries, pear, grapes raisins, pineapple, melon, peach, nectarines



or whatever fruits are in season (please be aware that some fruits including grapes may present a choking hazard and must be cut in half before serving).

Instead of processed cheese sticks and slices, try cutting chunks of cheddar, Emmental or edam cheese. It's much cheaper to buy a block of cheese and slice it at home, rather than buy individual portions of cheese.

Stick to a small match-box sized serving of cheese as it is a good source of protein, calcium and vitamins but best eaten in smaller portions as it's also high in saturated fat and salt.

Ready-made pots of jelly can be expensive to buy and it's really easy to make jelly at home. All you need is some small reusable pots with lids. Look out for 'real fruit juice' jelly or 'sugar free' jelly options in the supermarket and follow the instructions for making the jelly and then add frozen berries (e.g. blueberries, raspberries, strawberries) or tinned fruit (e.g. mandarin segments, peach slices, pear halves).

Allow to cool, pop the lids on then keep in the fridge. They will keep for up to 5 days, so are perfect for adding to packed lunches!

See over for a handy lunchbox toolkit!



mylivingwell.co.uk

Good for your body - Good for your mind



Eating Well: Lunch Boxes

It is important for children to eat nutritious food at lunchtime. We have worked with a nutritionist and suggest the following for children aged 5-11 years.

Please choose 1 portion from each of the four boxes to make a tasty well balanced lunchbox for your child.

Carbohydrates

Choose wholegrain options where possible:

- 1-2 slices of bread
- 1 wrap
- 1 pitta bread
- Pasta
- 1 chapati or roti
- Cous-cous

Portion size: child's fist

Provides lots of energy and fibre



Protein

- Chicken or turkey
- Beef, pork or lamb
- Tuna
- Boiled egg
- Daal
- Lentils
- Houmous
- Pulses

Portion size: child's palm

Needed for growth, development and repair of muscles



Dairy

- Small glass of milk - semi skimmed or unsweetened dairy alternative
- Small yogurt or low sugar lassi
- Small chunk of cheese

Portion size: child's thumb

Contains calcium for healthy teeth and bones



Fruits & Vegetables

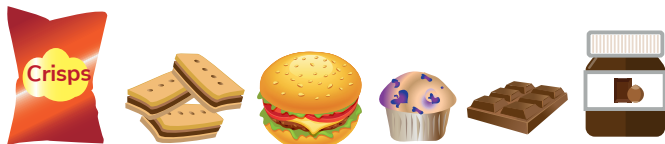
- Apple
- Banana
- Orange
- Melon
- Peppers
- Tomato
- Kiwi
- Grapes
- Carrot sticks
- Sweetcorn
- Cucumber
- Strawberries

Portion size: child's handfuls

Vitamins and minerals for good health

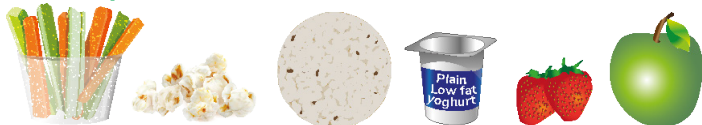


✗ Please DO NOT include: ✗



Cakes, chocolate, sugary snacks or fried foods

✓ Swap for: ✓



Sreen, rice cakes, plain popcorn, fruit & veg sticks



Water is available at lunchtime, it is free and has lots of health benefits