

A few ideas for healthier lunchboxes

For a healthy balanced lunchbox include something from each of these groups every day:

- ✓ **Starchy food:** include a good portion of starchy food, e.g. wholegrain roll, tortilla wrap, chapatti, pitta pocket, bagels, breadsticks, pasta, cous cous or rice salad;
- ✓ **Protein:** portion of lean meat, fish or alternative, e.g. chicken, ham, beef, tuna, egg, beans or hummus;
- ✓ **Fruit and vegetables:** Aim for at least 3 portions of fruit and vegetables and salad during the school day, e.g. an apple, satsuma, handful of cherry tomatoes or carrot sticks, small tub of fruit salad or small box of raisins (*remember raisins are very high in sugar, so have with a meal rather than as a snack*);
- ✓ **Dairy products:** A portion of semi-skimmed milk or other dairy food, e.g. soft or hard cheese, yogurt or fromage frais;
- ✓ **Healthier drink:** A drink e.g. fruit juice, semi-skimmed milk, yogurt drink or a bottle of water;
- ✓ **And remember...** A healthy lunch can include an occasional treat from time to time for variety and appeal.

Monday

Pitta bread with tuna and sweetcorn
Cherry tomatoes
Celery stick
Low fat strawberry yoghurt
Banana
Unsweetened apple juice



Tuesday

Cheese sandwich on wholemeal bread
Carrot sticks
Rice cake
Apple
Small handful of grapes
Low fat fromage frais
Bottle of still water



Wednesday

Homemade tuna and rice salad with fresh tomato and cucumber
Red pepper strips
A peach
A few strawberries
Small portion of dried apricots
Carton of unsweetened orange juice



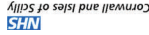
Thursday

Salad and hummus wrap
Cucumber sticks
Small portion of raisins and sultanas
Low fat peach yoghurt
Melon slice
Fruit smoothie



Friday

Chicken salad in a malted bread roll
Small pot of fruit pieces in natural fruit juice
Cherry tomatoes
1 kiwi fruit
A small carton of milk



www.cornwallhealthyschools.org/

This leaflet offers a few tips and menu suggestions to help provide a healthier packed lunch. It is just a guide to get you started. For lots more advice, information and lunchbox ideas see our healthier lunchbox pages on our website at:

Your school is part of the Cornwall Healthy Schools Programme which promotes healthier living and learning. A healthy enjoyable lunch is a great way to ensure children have the energy they need to learn and play at school. This leaflet offers a few tips and menu suggestions to help provide a healthier packed lunch.



Ideas for a healthier lunchbox

Try these Top Tips

Make sure lunchboxes come back empty by trying these top tips:

- Variety is a good way to get a healthy balanced diet and makes having a packed lunch more interesting.
- Make lunchboxes bright and colourful by including different tastes and textures.
- Soggy sandwiches are not very popular - try to keep the bread dry.
- Clip top plastic tubs are good for mixed salads or chopped fruits.
- Make lunch the night before and keep it in the fridge in an insulated lunchbox (and freeze the drink the night before so it keeps the lunchbox cool during the morning).
- Involve children in making their lunchboxes and deciding which healthier foods to have.
- Check labels for levels of salt, sugar and fat on foods you buy. If making your own keep levels to a minimum.
- Cut down on crisps and use low fat varieties.
- Go easy on spreads and mayonnaise.
- Check out school lunch menus such as those offering lasagne and salad, baked potato and cheese or curry and rice to help vary your child's menu.

For more ideas and information about healthier lunchboxes visit our website: www.cornwallhealthyschools.org/ or try these sites: www.schoolfoodtrust.org.uk/packedlunches; www.eatwell.gov.uk/; www.bhf.org.uk/; www.nhs.uk/change4life