

### Healthier drinking tips

- Keeping hydrated helps children to be alert and improves concentration.
- Try a variety of drinks including:
  - Water
  - Flavoured water
  - Semi skimmed milk
  - Unsweetened fruit juice
  - Diluted low sugar squash
  - Yogurt drinks

### Make lunchboxes bright and colourful, and include different tastes and textures

You could include:

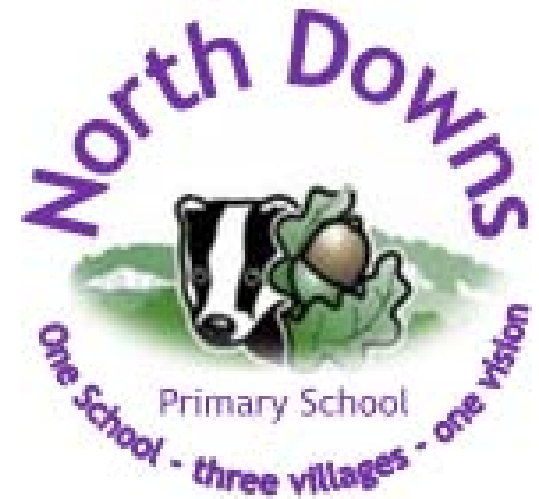
- Currant buns
- Rice cakes
- Slice of malt loaf
- Plain popcorn
- Breadsticks
- Cheese scone
- Vegetable sticks

### Eat more fruit and vegetables at lunchtime

- Use fruit and vegetables from all colours of the rainbow, as they offer a wide variety of vitamins and minerals.
- Peeling and chopping fruit and vegetables into ready-to-eat bite-sized pieces makes them more appealing.
- Seasonal varieties and those which are easy to peel and eat are good choices. E.g. Banana, Satsuma, grapes
- Add fruit to sandwiches (e.g. cheese and pineapple) or use vegetables as a main ingredient in a pasta salad or as a topping on a pizza.

### Tips to make your lunchbox healthy and safe to eat

- Use an insulated lunchbox or freezer pack.
- Freeze a carton of fruit juice or bottle of still water the night before. Add this to the lunchbox in the morning. This will act as an ice pack and keep the food cold.
- Make the lunchbox the night before and keep it in the fridge overnight.



# Ideas for healthy Lunchboxes

### Why is eating a healthier lunch important?

- Lunch is an important meal for everyone, particularly children.
- Eating a healthy and balanced lunch is essential to keep healthy.
- Making a child's lunchbox appetising and healthy does not mean missing out on the foods they enjoy eating.
- It is simply a matter of getting a balance and eating a wide variety of foods.

### What about foods containing fat, salt and sugar?

Eating a balanced diet does not mean avoiding them completely, just ensuring that these foods are eaten occasionally and in smaller amounts. So do add a cake, biscuit or crisps to your child's lunch occasionally, or why not try adding a lower fat snack such as a scone, slice of malt loaf or currant bun.

Please do not include chocolate, chocolate biscuits or sweets in your child's lunchbox.

### Lunchbox checklist

Try to include...

- A good portion of starchy food, e.g. wholegrain bap, thick sliced wholemeal bread, chapatti, breadsticks, pitta pocket, pasta or rice salad.
- Plenty of fruit and vegetables, e.g. an apple, satsuma, handful of cherry tomatoes or carrot sticks, mini-can of fruit chunks in natural juice, a packet of dried fruit or small box of raisins.
- A portion of lean meat, fish or alternative, e.g. Ham, chicken, beef, tuna, crabsticks, sardines, egg, houmous, beans, pulses, Chickpeas.
- A drink, e.g. A fruit juice, semi-skimmed milk or water.
- ***Please note that peanuts/peanut butter are not permitted in school for health reasons as there may be children who have a nut allergy.***

### Healthier sandwich tips

- Introduce variety using a selection of breads, e.g. sliced, rolls, baguettes, bagels, tortilla wraps, pitta bread and crisp breads.
- Try making sandwiches with one slice of white and one slice of wholemeal, or use white bread with added fibre.
- Use spread sparingly, e.g. butter, low fat spread or mayonnaise. If using a sticky filling, you may not need any spread.
- Pick fillings such as: good quality ham, turkey, chicken, fish (e.g. tuna or crabsticks), cottage cheese, egg or houmous.
- Serve with slices of tomato, cucumber, sweet corn and/or shredded lettuce.