

A healthy lunch box is all about balance. To get the right variety make 1 choice from steps 1-5 below

STEP 1

Sandwich or Pasta - this should be the main part of your lunchbox.
Choose either a sandwich or rice / cous cous / pasta salad.

Fantastic Fillings

Lean cold meats e.g. ham, beef
Cheese e.g. cheddar, edam, gouda
Cheese & yeast extract
Tuna **Sardines**** **Tinned salmon****
Egg v **Houmous v** **Bean paté v**
Spreading cheeses v
Peanut butter * v

Perfect Pasta

Choose rice, cous cous or pasta with any combination from the following:
Lean meat with mixed veg e.g. carrot, cucumber, tomato, celery, pepper
Lean meat & fruit e.g. ham with pineapple or chicken with dried apricots
Beans, chickpeas, pine nuts* v with peas, sweetcorn
Beans, chickpeas, pine nuts* v with fruit e.g. raisins & chickpeas. Add a little curry powder for extra flavour.

Brilliant breads

Wholemeal
Granary
Onion or cheese scone
Plain crackers e.g. rice cakes or rye crispbread
Wraps, bagels, pitta bread

*Check school nut policy. **Aim to include oily fish once per week. V = vegetarian.
High in iron. High in calcium.

STEP 2

Delicious Dairy

Choose one from this group for lunch each day:

Cheese in sandwiches or cubed as a snack
Fromage frais/yoghurt (low sugar varieties)
Low fat cheese spreads

STEP 3

Fabulous Fruit and Veg

Include 1 to 2 choices for lunch each day of whatever your child enjoys:

Pieces of raw vegetables e.g. carrots, cucumber, tomato, celery, peppers
Dried fruit e.g. raisins, figs, apricots, dates, prunes
Fresh fruits e.g. kiwi, clementines, bananas, grapes
Fruit salad or tinned fruit in natural juice

STEP 4

Super Snacks

These are healthier choices compared to crisps, chocolates etc. but make it a small part of your lunch box:

Tea-cakes
Malt loaf
Fruit loaf
Madeira cake
Plain carrot cake
Home made plain popcorn
Hot cross buns
Fruit scones
Mini fruit muffins
Fruit cake
Breadsticks

STEP 5

Dreamy Drinks

Encourage your child to drink water throughout the day. Unsweetened fruit juices can be included at meal times.

HANDY HINTS

- ♦ ***Include a variety of textures, e.g. crunchy, juicy, soft***
- ♦ ***Include bright colourful foods***
- ♦ ***Use small cool packs all year round***
- ♦ ***Use an insulated lunch box***
- ♦ ***Make small, easy to eat portions***
- ♦ ***Encourage your child to become involved***
- ♦ ***Remember to pack a fork or spoon if needed***
- ♦ ***For more information visit:***

www.food.gov.uk

www.healthylunchbox.co.uk

www.bournemouthandpoole-pct.nhs.uk

No peanut or peanut based product.

Please cut all grapes and small tomatoes in half, longways, to prevent risk of choking

www.nutrition.org.uk

www.whatinsideguide.com

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