

Here are some things to think about when preparing packed lunches:

* Beware of misleading advertising. Just because it says it is ideal for packed lunches doesn't mean it is healthy.
* Beware child friendly packaging. A lump of cheese is far more nutritious than a cheese tube.
* Fresh, frozen, tinned, dried fruit, fruit juices and smoothies all count towards 5 a day.
* Chop up fruit to make it easier to eat.
* Try adding some vegetables as extras in sandwiches: tomato, cucumber, grated carrot, salad
* Make sure they are getting some protein: ham, egg, cheese, chicken, tuna
* Packs of seeds or hummus also contain protein.
* Drinking orange juice helps the body to absorb iron more easily.
* It can take a child 15 tastes before they decide they like something, so persevere.
* If a child consistently leaves the healthy foods, check that you are not packing up too much.
* There is more calcium in skimmed milk than full fat milk.
* Yoghurt tubes generally contain 3.5 teaspoons of sugar.

**Healthy Packed Lunch Ideas!**

Fill out your lunchbox with the following:

* *Fruit* – include fruit such as apples, grapes, plums and berries. Chopped fruit, fruit salad or dried fruit such as apricots, raisins and dates can be easily handled and eaten by children. A fruit smoothie is also a healthy option.
* *Vegetables* - chopped vegetables such as carrot, celery and cucumber can be included with dips such as hummus to provide a nutritious snack. Cherry tomatoes, sliced peppers, baby corn and sugar snap peas are great for adding colour and are easy for young children to eat.
* *Desserts* - fruit can be added to low-sugar jelly, or mixed in with natural yoghurt for a tasty dessert. Yoghurt drinks or small pots of custard or rice pudding can top up calcium intake and provide an alternative to more sugary or fatty options. If you like cakes and biscuits, try varieties such as hot-cross buns, scones and malt loaf. Include your favourite cake once in a while, but keep the portion small.
* Variety is key to keeping lunchboxes appetising and appealing. Sandwich fillings can be packed with salad to add colour and nutrients, and accompanied by low-fat nutritious options such as lean meat, fish, egg and low-fat cheese.
* *Drinks* - use tap water, or mix it with low-sugar squash or some fruit juice to add flavour. Unsweetened fruit juice and smoothies count towards one of your five a day, but avoid too many sugary drinks which can add lots of extra calories. Milk-based drinks, without added sugar, are a healthier option for teeth than sugary alternatives.

***Some ideas for a weeks packed lunch (from change for life website)***

**Monday**

* Banana sandwich with wholemeal bread
* Tomato
* Boiled egg
* Low-fat fruit yoghurt
* Small box of raisins
* Semi-skimmed milk

**Tuesday**

* Tuna and sweetcorn wholemeal roll
* Reduced-fat cheese triangle
* Satsuma
* Apple juice, unsweetened

**Wednesday**

* Pasta and sausage salad (with spring onion and red pepper)
* Stewed apple and blackberry with crumble top
* Reduced-fat natural yoghurt
* Bottle of water

**Thursday**

* Edam cheese, ham and lettuce pitta pocket
* Tomato
* Small flapjack
* Nectarine
* Reduced-fat yoghurt drink

**Friday**

* Houmous, red pepper and grated carrot wrap
* Grapes
* Creamed rice pot
* Slices of malt loaf
* Bottle of water

**Monday**

* Tinned sardine bagel
* Tomato
* Kiwi
* Bottle of water

**Tuesday**

* Egg and tomato roll
* Two oatcakes and low-fat cheese
* Carrot sticks
* Dried apricots
* Semi-skimmed milk

**Wednesday**

* Potato and sausage salad (with spring onion, pine nuts and low-fat plain yogurt)
* Fruit and low-fat fromage frais
* Slices of fruit bread
* Pear
* Bottle of water

**Thursday**

* Corned beef sandwich on wholemeal bread
* Low-fat soft cheese with vegetable dippers (cucumber sticks, red and green pepper strips)
* Banana
* Yoghurt drink

**Friday**

* Wholemeal English muffin pizza (with cheese, cherry tomatoes and spinach)
* Nectarine
* Banana and blueberry smoothie (made with semi-skimmed milk)

**Monday**

* Double-decker sandwich with ham (reduced salt) and salad
* Mini blueberry muffin
* Mixed dried fruit
* Kiwi
* Bottle of water

**Tuesday**

* Tuna pasta salad (with spring onion, green pepper and cherry tomatoes)
* Fresh fruit salad with low-fat fromage frais
* Slice of banana cake
* Apple juice, unsweetened

**Wednesday**

* Mexican chicken wrap
* Carrot sticks and baby corn
* Mixed fruit salad
* Slices of malt loaf
* Yoghurt drink

**Thursday**

* Spicy beans and vegetables
* Mini pitta pockets
* Raspberries
* Low-fat fromage frais
* Fruit smoothie (made with semi-skimmed milk)

**Friday**

* Tinned salmon salad baguette (with cucumber, lettuce and low-fat plain yogurt)
* Flapjack with dried apricots
* Orange
* Bottle of water

**Monday**

* 6 oatcakes
* Double Gloucester cheese
* Chutney
* Salad
* Fruit scone
* Apple juice, unsweetened

**Tuesday**

* Cold spicy chicken strips
* Rice with beans and peas
* Slice of Jamaican ginger cake
* Low-fat plain yoghurt
* Fruit smoothie

**Wednesday**

* Smoked mackerel and potato salad (with mushrooms and spring onions)
* Yoghurt
* Slice of carrot cake
* Apple
* Orange juice, unsweetened

**Thursday**

* BLT (grilled bacon, lettuce and tomato sandwich)
* Mixed seeds
* Grapes
* Dried apricots
* Drinking yoghurt

**Friday**

* Poppy seed bagel with liver pate and cucumber
* Carrot sticks
* Small box of raisins
* Semi-skimmed milk

**Monday**

* Wholemeal muffin with tinned pilchards, cream cheese and cucumber
* Cherry tomatoes
* Date slice
* Kiwi fruit
* Bottle of water

**Tuesday**

* Ham and tomato sandwich on wholemeal bread
* Vegetable dippers and guacamole
* Dried apricots
* Milk smoothie

**Wednesday**

* Egg and tomato pitta pockets
* Slices of malt loaf
* Yoghurt
* Slices of canned fruit in juice
* Bottle of water

**Thursday**

* Pasta salad (with spring onions, yellow and green pepper)
* Fruit fromage frais
* 2 plums
* Apple juice, unsweetened

**Friday**

* Sliced beef roll with cucumber and lettuce
* Reduced-fat coleslaw
* Low-fat fruit yogurt
* Pear
* Semi-skimmed milk

**Monday**

* Meat spread and cucumber sandwich
* Low-fat soft cheese and carrot sticks
* Nectarine
* Apple juice, unsweetened

**Tuesday**

* Turkey ham baguette with lettuce
* Tomato
* Low-fat fruit yoghurt
* Fruit cocktail
* Grapefruit juice, unsweetened

**Wednesday**

* Egg, cress and reduced-calorie mayonnaise in granary roll
* Plain popcorn (small packet)
* Cucumber and carrot batons
* Canned peach slices in juice
* Milkshake

**Thursday**

* Potato salad with spring onion, mixed beans and avocado (in low-fat plain yogurt)
* Cherry tomatoes
* Ready-to-eat apricots
* Mango slices
* Bottle of water

**Friday**

* Mackerel and rice salad with tomato sauce and mixed vegetables
* Orange
* Fruit fromage frais
* Semi-skimmed milk

**Monday**

* English muffin toasted, with reduced-fat hard cheese, tomato and ham slices (reduced salt)
* Grapes
* Slices of malt loaf
* Orange juice, unsweetened

**Tuesday**

* Tuna and sweetcorn sandwich (brown bread with reduced-calorie mayonnaise)
* Kiwi fruit
* Muesli yoghurt, low-fat
* Scotch pancake
* Bottle of water

**Wednesday**

* Chicken salad (tomato, cucumber, lettuce) with West Indian bread
* Mango slices
* Pepper slices
* Fruit scone
* Semi-skimmed milk

**Thursday**

* Rye bread and low-fat cream cheese
* Green salad with celery sticks and apple slices
* Small packet of mixed seeds and raisins
* Low-fat fruit fromage frais
* Grapefruit juice, unsweetened

**Friday**

* Skinless chicken drumsticks
* Salad with sweetcorn and tomato
* Banana bread
* Melon
* Bottle of water

**Monday**

* English muffin toasted, with reduced-fat hard cheese, tomato and ham slices (reduced salt)
* Grapes
* Slices of malt loaf
* Orange juice, unsweetened

**Tuesday**

* Tuna and sweetcorn sandwich (brown bread with reduced-calorie mayonnaise)
* Kiwi fruit
* Muesli yoghurt, low-fat
* Scotch pancake
* Bottle of water

**Wednesday**

* Chicken salad (tomato, cucumber, lettuce) with West Indian bread
* Mango slices
* Pepper slices
* Fruit scone
* Semi-skimmed milk

**Thursday**

* Rye bread and low-fat cream cheese
* Green salad with celery sticks and apple slices
* Small packet of mixed seeds and raisins
* Low-fat fruit fromage frais
* Grapefruit juice, unsweetened

**Friday**

* Skinless chicken drumsticks
* Salad with sweetcorn and tomato
* Banana bread
* Melon
* Bottle of water

**PLEASE do not send the following in your child’s packed lunch**

* **Cold burger**
* **Cold pizza**
* **Cold fish fingers**
* **Leftovers from last night’s tea**
* **Cold vegetables such as broccoli**
* **Fizzy drinks**
* **Chocolate**
* **Sweets**