

## Patient Information

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### Top Tips for Healthy Packed Lunches

- Follow steps 1-5 overleaf for a healthy, tasty lunchbox. This way you'll know your child has had a balanced meal while they're at school.
- Pack the right portion. For more information on portion sizes see the 'Top Tips for Healthy Portion Sizes' information sheet.
- Children don't need to have crisps and chocolate in their lunch boxes, but if you do offer them instead of a healthier snack, only add one item rather than both and consider offering them on just a couple of days a week.
- If offering crisps use low fat or baked varieties and put in a 25g bag or small pot of crisps rather than a large packet.
- If offering chocolate; a fun sized bar, a mini chocolate muffin or a chocolate coated wafer/biscuit are better options to go for.
- Add variety with tastes, textures and colours to make the food more appealing and help keep the lunchbox interesting.
- Avoid squashed sandwiches by using a lunchbox and pop it inside a cool bag with an ice pack to keep the food fresh over the day.
- Don't forget to pack the forks and spoons if needed..... The yoghurt could get messy!
- If making pasta or rice the night before, make extra and use for cold pasta or rice salads in lunchboxes the next day.
- Save time in the morning by making up the lunch boxes the night before and keeping them in the fridge overnight. Maybe the children can help you?

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

**STEP 1** - A sandwich or a pasta pot (for example) should be the main part of the lunchbox

### Brilliant Breads

1-2 slices of wholemeal  
1-2 slices of granary  
1 onion or cheese scone  
4 plain crackers/ rice cakes/ rye crisp bread  
1 wrap  
1 bagel  
1 pitta bread

### Super Spreads

1-2 tps of any of the following:  
Reduced or low fat spread, salad cream, mayonnaise or salad dressing  
Pickles and Chutneys  
Yeast extract

### Fantastic Fillings

2-3 slices of lean cold meats e.g. ham, beef or chicken  
A matchbox sized piece of cheese e.g. edam, brie or gouda  
A small tin of tuna, sardines or salmon  
1 egg  
A mini pot of reduced fat houmous  
2 desert spoons of meat/fish paste  
2 cheese triangles

**OR**

### Sandwich Swaps

*Instead of a sandwich, why not try **rice, cous cous or pasta** with any combination from the following:*

Tuna or salmon with tomato & sweetcorn

Lean meat with mixed vegetables (e.g. carrot, cucumber, tomato, celery, pepper)

Lean meat & fruit (e.g. ham with pineapple or chicken with dried apricots)

Beans, chickpeas with peas & sweetcorn or with fruit (e.g. raisins & chickpeas). Add a little curry powder for extra flavour

*Add reduced or low fat mayonnaise/salad cream/ salad dressing for extra taste*

## STEP 2

### Delicious Dairy

*Choose 1 item from this group for lunch each day:*

Cheese in sandwiches or cubed as a snack  
1-2 fromage frais frubes or an individual pot of fruit yoghurt  
1 individual pot of natural yoghurt with a fruit pot  
2 cheese triangles

## STEP 3

### Fabulous Fruit and Veg

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

Pieces of raw vegetables e.g. carrots, cucumber, tomato, celery, peppers (maybe with salsa)

Fresh fruits e.g. pear, clementines, apples or bananas

Fruit pots of grapes, strawberries, chopped melon, kiwi or pineapple

Leak proof fruit salad or tinned fruit in natural juice

Dried fruit e.g. raisins, figs, apricots, dates or prunes

Homemade vegetable soup in a flask

Carton of unsweetened fruit juice

## STEP 4

### Super Snacks

*Choose 1 item to make up the smallest part of your child's lunch box:*

A mini current bun or hot cross bun

A slice of malt loaf / fruit loaf

A small fruit scone or mini muffin

A slice of Madeira, banana or carrot cake

Small bag of baked crisps / popcorn

A cereal bar e.g. Fruseli/Alpen

Small chocolate biscuit e.g. Club/Kitkat

Mini chocolate bar

Small bag of yogurt or chocolate covered raisins

## STEP 5

### Dreamy Drinks

Drink mostly water throughout the day

Skimmed or semi-skimmed milk can be included as an alternative