

Remember to include a small ice pack in your child's lunchbox



Don't forget to label your child's lunch box and water bottle

# Healthy Lunchbox Ideas

## The Lunch Box

A small inexpensive plastic box is perfectly acceptable. Please check that your child can open the box easily. Don't forget to label the box with your child's name.

## Drink

Remember to include a named bottle of fresh drinking water for your child to use during the day.

## Keeping It Cool

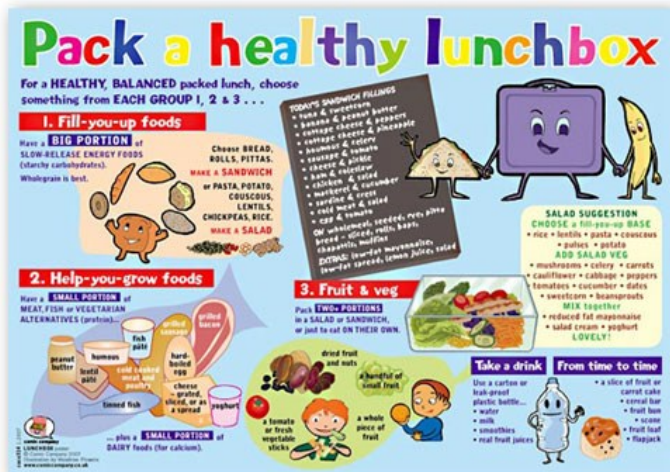
Although lunchboxes will be stored in a cool place out of direct sunlight we cannot refrigerate them. A small freezer pack is a good idea to ensure that your child's lunch remains cool.

## The Packed Lunch

We are very keen that children bring the kind of lunch that they will be expected to bring or eat when they go to school i.e a healthy packed lunch that forms part of a healthy balanced diet. A packed lunch should contain:

- 1 portion of vegetables or salad—**carrot sticks, cucumber, cherry tomatoes, celery sticks, pepper sticks, broccoli, sweetcorn**
- 1 portion of fruit—**fresh, dried or tinned (in natural juice) fruits are all good**
- 1 portion of milk or dairy products—**Cheese, fromage frais, yoghurts**
- 1 portion of meat, chicken or protein—**Ham, chicken, cheese, tuna, low fat sausage, beans, chickpeas**
- 1 portion of starchy food—**Bread, rice, pasta, pitta bread, bagels, crackers, wraps**
- 1 small treat (optional)- **Slice of malt loaf, flap jacks, carrot cake, small fruit bun**

A portion is what will fit into a cupped hand. How many grapes would fit into your child's cupped hand?



For further information and ideas visit:

[www.eatwell.gov.uk](http://www.eatwell.gov.uk)

[www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk)

[www.annabelkarmel.com](http://www.annabelkarmel.com)