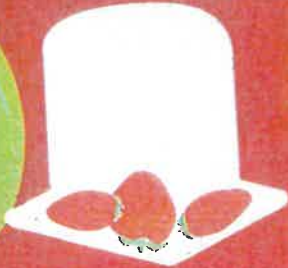


Healthy ways to fill a lunch box



HEALTHY?

WITH

PACKED



NHS

Leicestershire Nutrition and Dietetic Service



## Keep Your Child's Lunchbox Safe

Make sure your child's lunchbox is clean and safe. Sandwiches containing meat or other foods that require refrigeration should be kept as cold as possible until lunch. Help keep lunches cool and safe by following these top tips:

- Chill food and drink before packing into the lunchbox and where possible use ingredients from the fridge
- An insulated box or bag can be used to help keep lunches cool. A small ice pack can also be used or frozen drink which will give a cool drink at lunchtime.
- Discard any perishable food that hasn't been eaten at the end of the day
- Wash and dry reusable water bottles, lids and lunchboxes every day in warm soapy water.



# FIVE easy steps to a healthy packed lunch

## 1. Take some bread

High fibre white, wholemeal, white, seeded or perhaps a roll, wrap, pitta, chapatti or crackers

## 2. Now take a tasty filling

Chicken, cheese, cream cheese, egg, ham, mozzarella and tomato, tuna and sweetcorn

Add some lettuce, slices of cucumber or a tomato

## 3. Now a portion or two of fruit and vegetables

Apple, banana, grapes, kiwi, pear, plum, mango or melon cubes, dried fruit is good too – raisins, sultanas, apricots. You could even add a little pot of fruit and/or carrot or celery sticks, cherry tomatoes, chunk of cucumber

## 4. Add a dairy choice

Fromage frais or yogurt (especially if no cheese or milk are included)...

## 5. And to finish add a drink

Water, fruit juice and milk are best. Look for drinks with no added sugar

## ...and a healthy extra

a slice of malt loaf, currant bun, scone, plain biscuits, plain popcorn

# PACKED WITH HEALTH? Healthy ways to fill a lunch box

	Day 1	Day 2	Day 3	Day 4	Day 5
Take...	bread, roll, pitta, bagel or wrap	crackers and...	a pasta salad	a slice of pizza with a topping of ...	savoury rice or couscous salad with...
Add...	egg cold meat salmon or tuna grated cheese	a chunk of cheese pot of hummus slice of cold meat	tuna beans	chicken cheese ham tuna vegetables	mixed beans chick peas
Now...	tomato cucumber lettuce and / or a pot of fruit salad	cherry tomatoes, raisins and dried apricots	sweetcorn tomato cucumber celery and / or a banana	some grapes	some vegetable sticks and fruit in jelly
Dairy Choice	Healthy Extras (to complete the meal)		Other Choices (to have less often)	Drinks	
yogurt fromage frais custard rice pudding	slice of malt loaf or fruit bread fruit or plain scone plain biscuits plain popcorn currant bun		cake fruit muffin flapjack jaffa cakes packet of crisps	water milk fruit juice yoghurt drink smoothie diluted squash	

For more ideas and lunchbox information go to [www.inds.nhs.uk](http://www.inds.nhs.uk)