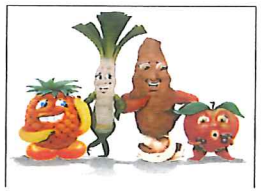

THE LUNCH BUNCH

Children bored with eating the same thing everyday?

Bored with trying to please them and give a healthy lunch?

Fed up with food being brought home and wasted?

Here are some hints and tips for a healthy lunch box for less waste

- Allow children to shop and prepare lunches with you. This means you will know what they want and it won't be wasted.
- Tell your children some simple nutrition facts, such as yoghurts help your bones grow strong and carrots will help you see in the dark. This will help them to understand why they need to eat them.
- Encourage your child to drink plain water and avoid sweetened or soft drinks. On average, one child eats four pounds of sugar per week.
- Dip cut apples in cinnamon or lemon juice to stop them going brown.
- Let your children choose some new vegetables to try, such as snow peas, mange tout etc. It all adds up.
- Remember to pack a spoon for yoghurts etc. Wrap sandwiches in a bag or cling film to keep them fresh.
- Put in a piece of kitchen roll to wipe sticky fingers.
- Label lunch boxes as there is always someone with the same box.
- Keep lunch cool in summer by using ice packs.
- To save time, make lunch the night before and store in the fridge. This saves that last minute morning panic.

Always use low fat, low salt and low sugar varieties when buying for lunch boxes.
Please turn over for some ideas on lunch box fillings.

HEALTHY EATING FOR LUNCHBOXES

Lunchbox item	A sandwich or starchy salad	2 fruit and veg	Yoghurt or cheese	Drink	Other
You could include	Bread, roll, wrap, pita, bagel, potatoes, rice, pasta, couscous, chapatti, tortillas, pancakes, scones, crisp breads, with lean ham, chicken, beef, egg, tuna, salmon, cheese, humus, beans, lentils. Add plenty of fruit, veg and salad. Vegetarian alternatives.	Apple, orange, grapes, melon, raisins, plums, kiwi, pear, mango, sliced carrot or cucumber sticks. Cheery tomatoes. Can of fruit. Fruit juice. Dates, fruit salads. Fruit jelly with real fruit.	Yoghurt, fromage frais cheese, cheese sticks. cottage cheese. Greek yoghurt. Raita for dipping. cream cheese, plain yoghurt.	Milk, water, fruit juice,, yoghurts, milk based smoothies, fresh fruit smoothies. Well diluted high juice squash. No fizzy drinks. Milky drinks will need ice pack.	Extra fruit, low fat and low salt crisps, tea cakes, malt loaf, custard pots, rice pudding, fruit muffins, oat flapjacks, baked samosa, dried fruit, seeds, pizza slice, sausage roll, cheeses roll. pakoras, spring rolls, slices of quiche. Scotch eggs. falafels, unsalted pop corn.
This provides	Starchy carbs for energy Protein for growth	Fibre, vitamins and minerals for health and well being. 2 of their 5 a day	Calcium for strong bones. Vitamins and minerals for health	Fluid to maintain body hydration	Variety and appeal. These are treats and can be added from time to time