

Quick Lunch Box Ideas

Lunch Box one

- ◇ Small pitta bread filled with tuna and sweetcorn
- ◇ Apple
- ◇ Yoghurt
- ◇ 2 jaffa cakes

Lunch Box two

- ◇ Small wholemeal roll with chicken and lettuce
- ◇ Babybel cheese
- ◇ Raisins
- ◇ Carrot sticks
- ◇ Slice of malt loaf

Lunch Box three

- ◇ Small tub of hummus
- ◇ Breadsticks and Cucumber sticks for dipping
- ◇ Blueberries
- ◇ Fromage Frais
- ◇ Slice of fruit loaf

Lunch Box four

- ◇ Pasta salad with ham, peppers and sweetcorn
- ◇ Cheese trinagle
- ◇ Nectarine
- ◇ Flapjack

Lunch Box five

- ◇ Egg and tomato wholemeal sandwich
- ◇ Celery sticks
- ◇ Low-fat cream cheese for dipping
- ◇ Small pot of jelly

Lunch Box six

- ◇ Couscous with leftover roasted vegetables
- ◇ Pepper slices
- ◇ Cottage cheese with pineapple
- ◇ A few iced gems



Healthy Lunches = Happy Children



Why is a healthy diet for young children so important?

- It helps to improve their concentration, learning and behaviour.
- Promotes proper physical growth and development.
- They will be less likely to get sick.
- Gives them lots of energy.
- Helps them to establish healthy eating patterns and good habits for life.

Top tips for a healthy start

- **Give them breakfast** - it makes a huge difference to the start of their day.
- Encourage and praise your child for trying lots of new foods. It can take up to 20 times of tasting a new food for your child to like it, so keep trying!
- Offer healthy alternatives to the usual unhealthy "treats".
- Make food and eating times fun social occasions, eating together with your child.
- Avoid fizzy, sugary drinks. Encourage your child to drink lots of water instead.
- Give whole milk to your child from one year of age until at least two years old.



What does a healthy lunch for young children look like?

- A choice of fruit or vegetables.
- Starchy foods like bread, rice, potatoes, pasta.
- Some milk and dairy product, and other sources of protein, such as meat, fish, eggs, beans.
- Only a very small amount of salty, sugary or fatty “treats”.
- A bottle of water or other non-fizzy, sugar-free drink.

The lunch box

- A small, inexpensive box or cold bag is fine.
- Don't forget to label the box or bag with your child's name
- Make sure the bag/box is big enough to allow you to put in a small freezer pack to keep your child's lunch fresh
- Make sure the box is big enough to include a drinks bottle or carton

The packed lunch

Children often stay all day at Allsorts. They will be given a small snack in the morning and afternoon, but they need a good amount of food in their lunch boxes to fill them up and give them energy for the afternoon session.

A healthy packed lunch should contain at least 4 portions from different food groups and a drink.

- ◆ A portion of fruit or vegetables
- ◆ A portion of milk or dairy products
- ◆ A portion of meat, fish, chicken or other protein
- ◆ A portion of starchy food such as bread
- ◆ Optional—a small treat
- ◆ A drink of water or other non-fizzy, sugar-free drink



Food Group	Suggestions
Fruit	Grapes, Blueberries, Apple, Pear, Plum, Strawberries, Sultanas, Raisins, dried Apple, dried Apricots, Melon, Pineapple, Banana, Tinned fruit in juice (not syrup!)
Vegetables	Carrot sticks, cucumber bites, cherry tomatoes, celery sticks, pepper slices, broccoli florets, roasted vegetables,
Milk or Dairy	Cheese cubes, Yoghurt, Fromage frais, Cheese spread
Meat/Protein	Ham, Chicken, Cheese, Tuna, Beans, Chickpeas, Egg
Starchy Food	Bread, Rice, Pasta, Pitta bread, Bagel, Crackers, Breadsticks, Wraps, Couscous, Oatcakes, English Muffin
Small treats - optional	2 jaffa cakes, a slice of malt loaf, a few iced gems, a small piece of flapjack, a small piece of fruit cake, a slice of fruit loaf with spread

How big is “a portion”?

- A good guide to portion size is “What will fit into a cupped hand”.
- Imagine how many berries would fit into your child's cupped hand - that is a portion size of berries for them.
- Each lunch box should contain at least 4 portions of different food groups.



Lunch box tips

- Put different things into your child's lunchbox every day to keep it interesting
- Ask your child to help make up their lunch box, so they learn to prepare healthy lunches and get to choose what they eat
- Use up leftovers, such as a small slice of pizza as a sandwich alternative, and roast vegetables, cooked rice or pasta in salads
- Avoid adding crisps or chocolate to lunch boxes. While Allsorts doesn't ban them, chances are the school they will be going to won't allow them in children' lunch boxes.
- Keep an eye on the sugar content in “healthy” cereal bars. They can contain more sugar than small chocolate bars!