

HEALTHY SCHOOL LUNCHBOXES

Easy ways to pack a nutritious meal every day

FRESH IDEAS KIDS'LL LOVE



Research shows that children who take a nutritious, balanced meal to school will find it easier to concentrate.

To take the pain out of the prep, our nutritionist Amanda Ursell has created a filling lunchbox for every day of the week - sure to come home empty!



MONDAY

- Sandwich: 2 slices medium thick wholemeal bread, crusts removed, 2tsp reduced-fat mayo, 1 hard-boiled egg, cucumber, lettuce
 - 20g reduced-fat cheddar cubes
 - 4 cherry tomatoes ● 1 small banana
 - 3 canned pineapple rings ● 20g unsalted pretzels ● 20g muesli bar
- 564kcal • 18g fat • 5g saturates • 83g carbs • 31g sugars • 7g fibre • 23g protein • 2g salt • 285mg calcium • 5mg iron**



TUESDAY

- Filled pitta: 1 wholemeal pitta, 3 x mini falafels (or 1 large, chopped), lettuce, 1 small tomato, 2tbsp reduced-fat hummus
 - 10g popcorn
 - 1tbsp raisins ● 1 Babybel Light
 - 20g rice crackers ● Fruit skewers: 30g watermelon, 5 grapes, 6 blueberries, 20g pineapple chunks
- 535kcal • 18g fat • 3g saturates • 80g carbs • 25g sugars • 7g fibre • 19g protein • 1.9g salt • 277mg calcium • 5mg iron**



WEDNESDAY

- Wrap: 1 tortilla wrap, 1 slice lean ham, 1 small grated carrot, 20g grated reduced-fat cheddar, lettuce
 - 1 hard-boiled egg ● 1 small orange ● 125g pot low-fat fruit yogurt ● 30g muesli bar
- 605kcal • 17g fat • 7g saturates • 90g carbs • 40g sugars • 5g fibre • 30g protein • 2g salt • 546mg calcium • 3mg iron**



THURSDAY

- Tortilla: 1 tortilla cut in half, 70g cooked skinless chicken breast, lettuce, 1 small grated carrot
 - 2tbsp guacamole ● 3 rye crispbreads
 - 20g reduced-fat cheddar ● 50g melon ● 30g blueberries ● 1 Scotch pancake cut into shapes, filled with 2tbsp extra light soft cheese and 2 sliced strawberries
- 576kcal • 13g fat • 4g saturates • 76g carbs • 14g sugars • 8g fibre • 41g protein • 1.5g salt • 317mg calcium • 3mg iron**



FRIDAY

- Topped crispbreads: 4 small rye crispbreads, 60g no-drain tuna canned in spring water*, 1tbsp reduced-fat mayo (to mix with the tuna)
 - veg sticks and dip: 30g mangetout, ½ red pepper, 1 small carrot, 3tbsp reduced-fat hummus
 - 150g pot low-fat natural yogurt ● 1 PinKids® apple
- 475kcal • 16g fat • 1.4g saturates • 60g carbs • 27g sugars • 9g fibre • 29g protein • 1.9g salt • 258mg calcium • 3.6mg iron**

Find more recipes and advice at WWW.HEALTHYFOOD.CO.UK

5 steps to the perfect healthy lunchbox

ADD ENERGY TO PLAY & LEARN

Pick carbs such as wholegrain bread, pittas or wraps, or use leftover wholemeal pasta.

These provide fibre, which is great for digestion as well as giving energy to help children feel full of beans.



HELP TO GROW

Fill hungry tummies with protein-packed foods such as grilled chicken, boiled eggs, canned tuna in water or beans. Children need protein to grow, and it has the added bonus of being very filling.



CREATE HEALTHY HABITS

Pop some veg and fruit into lunchboxes every day. The different colours, flavours and textures add variety, and the vitamins, nutrients and fibre are essential for good health.



BUILD STRONG BONES

Include naturally calcium-rich options such as yogurt and cheese. Developing bones use loads of calcium every day, so you'll be helping them to grow long and strong.



SNACKS TO REFUEL

It's always nice to see a favourite snack nestling in your lunchbox. Choose nutritious options such as small wholemeal fruit scones, malt loaf, bananas, oat cakes and wholegrain muesli bars with green traffic lights.



How to include the essential food groups

Choose foods from the lists below and you won't go far wrong...

CHOOSE 2 SERVINGS OF THESE: GRAINS

- 1 slice wholegrain bread
- 4tbsp cooked pasta or rice
- 3 small crispbreads

VEG

- 1 handful salad
- 1 small carrot (in sticks or grated)
- 5 cherry tomatoes
- 2tbsp cooked vegetables such as peas, sweetcorn or broccoli (good in a pasta or rice salad)
- ½ pepper (sliced)
- 1 finger length chunk cucumber

DAIRY (lower-fat varieties)

- 20-30g reduced-fat cheddar
- 125-150g yogurt
- 200ml milk

CHOOSE 1 SERVING OF THESE: FRUIT

- 80g fruit salad
- 1 medium-size fruit, such as an apple, orange, pear or banana

PROTEIN (keep cool for safety)

- 80g lean cooked chicken
- 2-3tbsp baked beans, chickpeas, lentils or dahl
- 1 boiled egg
- 2tbsp cooked prawns
- 1 small cooked salmon fillet
- 80g can tuna in water
- 2 slices lean ham or beef

SNACK (for more active kids)

- 1 medium banana
- 1 wholegrain muesli bar with all green traffic lights
- 1 small wholemeal fruit scone
- 2 slices fruited tea bread
- 1 slice malt loaf

PLUS WATER BOTTLE

The tasty way to five-a-day

These delicious little PinKids® apples are just as juicy, crunchy and appetising as a regular Pink Lady® apple, plus they're the perfect size for a lunchbox - or a healthy snack the whole family can enjoy. They're sweet and nutritious as they are, but children will also love them teamed with a little peanut butter, honey or cheese. For more PinKids® inspiration visit www.pinkladyapples.co.uk

