Healthy Lunch Box Ideas

Healthy Lunch Box Ideas

Lunch should supply approximately one third of the daily energy requirements your child needs, as well as a third of protein, carbohydrate, fats, fibre, vitamins and minerals:

Try to include:

- One protein rich food such as fish, meat, poultry, tofu, pulses/beans.
- One carbohydrate food such as wholemeal or granary bread, pasta, oatcakes or rice. Try wholemeal/brown 'complex' carbohydrates as they release sugar much slower to help give children sustained energy
- One dairy for example yoghurt, milk, cheese, cottage cheese, cheese spread
- One preferably two portions of fresh fruit or dried fruit
- One portion of salad or vegetables such as carrot sticks, celery, cherry tomatoes, cucumber, or a good amount of salad in a sandwich
- 200-300ml of water or unsweetened fruit juice

Some ideas

- Rice salad with apricots and raisins added garnished with fresh chopped coriander
- Bean Salad with sweetcorn and roasted sweet potatoes
- Pasta salad with added sun dried tomatoes
- Greek (optional dairy free cheese) salad with Olives
- Noodle salad with raw bean sprouts, grated carrot, spring onions, hoi sin sauce and cucumber
- Roasted vegetable Moroccan style couscous and chicken
- Homemade coleslaw with Apple and mint
- Wholemeal pittas with ham or cheese and salad
- Wholemeal sandwiches with tuna, cheese and pickle, ham salad.
- Wholemeal roll with a salad filling
- Wholemeal or white pasta twirls with tomato and vegetable sauce
- Brown/white rice salad with tinned salmon, tomatoes, cucumber & spring onion
- Homemade soup in a flask and a wholemeal or granary roll.
- Oatcakes, crackers, breadsticks or Ryevita with chopped cucumber, peppers, carrots, celery, cherry tomatoes and a dip.
- Tinned tuna/salmon or chicken, ham salad with lots of crunchy salad vegetables
- Tortilla wraps with avocado and chicken salad.
- Cheese or Cheese spread on crackers
- Chicken drumstick with crunchy salad (peppers, carrots, lettuce, cherry tomatoes)

Choose from this list (preferably one or two fruit and one vegetable):

- Fresh fruit salad (minimum 3 different pieces)
- Two pieces of whole fruit – try smaller sized fruits like blueberries, raspberries and strawberries.
- Fruit jelly with added fruit

- One portion of dried fruit and one fresh fruit
- Cherry tomatoes
- Raw carrot, pepper, cucumber or celery sticks
- Mini pickled onions or gherkins

Healthier Extras/Snacks

- Flapjack with seeds and dried fruit
- Blueberry Muffin
- Small pack of dried fruit
- Plain popcorn
- Rice cakes (plain or flavoured)
- Shortbread
- Mini oatcakes
- Seed mix – pumpkin, sunflower seeds with raisins
- Granola bar
- Yoghurt and fruit

Drinks

Include a bottle of still water in your child's packed lunch. We only allow water or unsweetened fruit juice as a drink. Soft/fizzy drinks are not allowed as they are packed with sugar and often colourings, additives, preservatives and aspartame (a sugar substitute), which can become addictive and affect moods.

UNHEALTHY LUNCH BOX

Avoid processed foods in your child's lunch box as they are high in sugar, saturated fats, salt and often have chemical additives, preservatives, colourings and sugar substitutes that can change children's behaviour and can prevent them from concentrating.

Things to avoid are:
Crisps – high in fat, salt and often contains monosodium glutamate MSG
Sweets – high in sugar and colourings
Soft/fizzy Drinks – high in sugar, colourings and or aspartame (a sugar substitute)
Chocolate – high in fat and sugar

YES	NO
Oat cakes, Rice cakes	**Sweets** (mints, chewing gum, fruit pastels, liquorice, toffees, marsh mallows)
Yogurts including Soya based	**Crisps**
Dried Fruits – raisins, mangos, pineapple, apricots, etc.	**Chocolate**
Unsweetened fruit juice	**Fizzy/Soft Drinks**
Nut free Cereal bars without any Hydrogenated Fats. Oat bars are best. Fruit muffins, carrot cakes, flapjack.	**Colourings, Hydrogenated Fats, Monosodium Glutamate MSG, Aspartame**

IMPORTANT: Please DO NOT send any nuts, chocolate spread or peanut butter or sesame seeds in to school as some children are allergic to them.