



What makes a greeeaat lunchbox?



Ideas for a great lunch

- Having a selection of things that change each day can really help to make lunch interesting! Perhaps you could get your child to choose what they want from a selection.
- Base the main item on things like bread, rice or pasta (wholegrain is healthier) as this will keep them fuller for longer!
- If you are making sandwiches, you could make them all at the weekend and then freeze them, taking out what you need each day. In the summer, this is a great way to keep the lunchbox cool.
- Instead of crisps, could you try plain popcorn or rice cakes some days?
- Your child could take their water bottle from class if this saved some preparation. No soft or fizzy drinks are allowed in packed lunches please.
- Adding simple veg, such as carrot sticks or some cucumber is a quick and easy way to help towards their 5 a day. You could also provide a small pot of hummus if this helped.
- Make easy swaps—if your child has a sweet tooth, a small pot of fruit or a packet of raisins are much better for them than a chocolate or snack bar.
- Try adding something that is new for your child; a different fruit or veg, every now and again!

Please don't include

- Nuts or anything that is nut-based. This includes Nutella.
- Some foods don't keep well until lunchtime; some foods that contain fish, for example.
- Sweets, cakes or fizzy drinks; this is not needed during the school day.



Further Information

There is a wealth of information and recipe ideas on the NHS website: <https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

The British Nutrition Foundation also have some handy tips: <https://www.nutrition.org.uk/putting-it-into-practice/make-healthier-choices/healthy-packed-lunches/>.

Inspiration from BBC Good Food: <https://www.bbcgoodfood.com/howto/guide/school-packed-lunch-inspiration>.