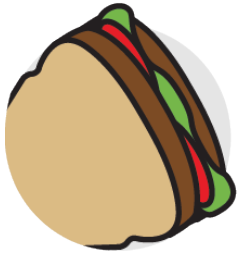


Healthy Lunchbox
Hints, Tips and Recipes

Compiled by
School Council

Lunchbox Tips



Keep them fuller for longer

Base the lunchbox on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.

Oskar's
handy tip



Mix your slices

If your child doesn't like wholegrain, try making a sandwich from one slice of white bread and one slice of wholemeal/brown bread.

Halle says
"50/50 bread
is good to
use"

Maryann's
handy
hint



Freeze your bread

Keep a small selection of bread in the freezer. Make lunchboxes more interesting by using different shapes, like bagels, pittas and wraps, and different types of bread, such as granary, wholemeal and multi-grain.



DIY lunches

Wraps and pots of fillings can be more exciting for kids when they get to put them together. Dipping foods are also fun and make a change from a sandwich each day.

Archie says
"We like to
make our
own"



Less spread

Cut down on the spread used and try to avoid using mayonnaise in sandwiches.

Oliver's
handy tip

Halle Says
"Too much fat
isn't good for us"



Cut back on fat

Pick lower fat sandwich fillings, such as lean meats (including chicken or turkey), fish (such as tuna or salmon), reduced-fat cream cheese, and reduced-fat hard cheese.

Sofia's
handy hint

Ever green

Always add salad to sandwiches - it all counts towards your child's 5 A DAY.



William Says "We
should be trying to
eat 5 fruit and
vegetables every
day"

Always add veg

Cherry tomatoes or sticks of carrot, cucumber, celery and peppers all count towards their 5 A DAY. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.





Ava says "Individual packs of breadsticks are nice in our packed lunches"

Cut down on crisps

If your child really likes their crisps try reducing the number of times you include them in their lunchbox and swap for homemade plain popcorn (for example flavoured with cinnamon) or plain rice cakes instead.



Add bite-size fruit

Try chopped apple, peeled satsuma segments, strawberries, blueberries, grapes (cut in half lengthways) or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown.

Isla says
"Sometimes we
are in a rush on a
morning"



Tinned fruit counts

A small pot of tinned fruit in juice - not syrup - is perfect for their lunchbox and is easily stored in the cupboard.



Swap the fruit bars

Dried fruit such as raisins, sultanas and dried apricots are not only cheaper than processed fruit bars and snacks but can be healthier too. Remember to keep dried fruit to mealtimes as it can be bad for your child's teeth.

Sofia says
"Sometimes we
think things are
healthy, but it's
not always
true"



Watch the teeth!

Dried fruit counts towards your 5 A Day, but can stick to teeth so should only be eaten at mealtimes to reduce the risk of tooth decay.



Oliver says "It's not good for us if we don't eat healthy"

Swap the sweets

Swap cakes, chocolate, cereal bars and biscuits for malt loaf, fruited teacakes, fruit breads or fruit (fresh, dried or tinned - in juice not syrup).



Go low fat and lower sugar

Go for low-fat and lower sugar yoghurt or fromage frais and add your own fruit.



Charlie says "We should reduce the amount of fat we eat"

Check your cheese

Cheese can be high in fat and salt so choose stronger-tasting ones - and use less of it - or try reduced-fat varieties of cheese.



Add a drink

Swap fizzy drinks for plain water, semi skimmed milk or fresh fruit juice. (max 150ml)



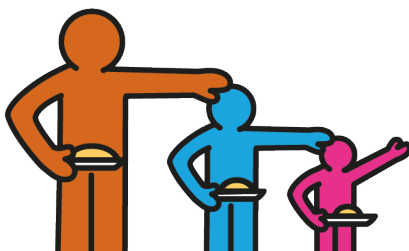
Get them involved

Get your kids involved in preparing and choosing what goes in their lunchbox. They are more likely to eat it if they helped make it.



Variety is the spice of lunchboxes!

Be adventurous and get creative to mix up what goes in their lunchbox.



Me sized meals

It's easy to put too many items in their lunchbox. Put the items on a plate before packing the lunchbox to see what it looks like

Lewis says
"Sometimes we are
given too much to
eat"



Berries

Grapes - cut
in half
lengthways



Carrot and
Cucumber

Cherry
Tomatoes





Teacake

Malt Loaf



Plain popcorn

Homemade popcorn (for
example flavoured with
cinnamon)

Sugar free
jelly



Recipes

Cheesy coleslaw with wholemeal pitta



Ingredients

- 1 tsp reduced-calorie mayonnaise
- 1 tbsp low-fat Greek style yoghurt
- 1 thin slice of white cabbage, shredded (to give a handful)
- 1 small carrot, grated
- 2 spring onions or a slice of onion, chopped
- 20g reduced-fat cheddar cheese, finely chopped or grated
- Parsley, chopped (optional)
- 1 large wholemeal pitta bread

Method

In a bowl, mix the mayonnaise and yoghurt.

Add the vegetables, cheese and, if using, parsley and mix.

Carefully split open the pitta bread and fill with the coleslaw.

The coleslaw keeps well in the fridge so make it the previous evening to help with the morning rush!

Complete your lunchbox with:

- 5 cherry tomatoes
- Small box of raisins
- 200ml semi skimmed milk

Oskar's healthy lunch

Egg mayonnaise and cress sandwich

Ingredients

- 1 egg
- 1 level tbsp reduced-calorie mayonnaise
- Large pinch of black pepper
- 2 slices of wholemeal bread or 1 wholemeal bun
- Large pinch of cress



Method

Place the egg in a small saucepan covered with water, bring to the boil and cook for 10 minutes. Plunge in cold water and leave to cool.

Remove shell and mash the egg with the mayonnaise and pepper.

Use to fill the bap, topping with the cress.

Cook the egg the night before to save time in the morning rush.

Try lettuce or baby spinach instead of cress. Pat it dry before adding to the bap, to avoid soggy bread.

Complete your lunchbox with:

- 5 cherry tomatoes
- Fruit snack pot (tinned fruit in juice)
- 200ml semi-skimmed milk

Recipe submitted by Archie

Tuna and salad bagel

Ingredients

- 1 wholemeal bagel
- Small can (105g) or half a large can of tuna
- 1 level tbsp reduced-calorie mayonnaise
- Large pinch of black pepper
- 4 slices of cucumber
- Small wedge of lettuce, to give 2 tbsp when shredded



Method

Cut the bagel in half, toast and leave to cool.

Drain the tuna and mix with the mayonnaise and pepper.

Spread the mixture on one half of the bagel, add the cucumber and lettuce and then top with the other half of the bagel.

Swap tuna for tinned salmon. The fish bones in tinned salmon are edible and contain calcium, but remove them if your child doesn't like the texture. Prepare the mixture the night before and keep in the fridge to save time in the morning.

Complete your lunchbox with:

- Handful of grapes cut in half lengthways (about 12)
- 1 plain rice cake
- 200ml semi-skimmed milk

Recipe submitted by Charlie

Soft cheese and salad sandwich

Ingredients

- 2 thick slices of wholemeal bread
- 2 tbsp medium-fat soft cheese
- 3cm piece of cucumber, finely chopped
- 20g celery (about $\frac{2}{3}$ of a stick), finely chopped
- Small wedge of lettuce, to give 2 tbsp when shredded
- Pinch of black pepper or paprika, optional



Method

Spread both slices of bread with the cheese.

Spreading the cheese on both slices of the bread - and patting the salad dry - helps prevent a soggy sandwich!

Pat the salad dry and use to fill the sandwich, sprinkling with pepper or paprika if using.

Try other salad vegetables, or even some pineapple.

Complete your lunchbox with:

- An apple
- Fruit teacake
- Small bottle of water

Recipe submitted by Halle

Spicy chicken and salad wrap

Ingredients

- 1 tbsp low-fat Greek style yoghurt
- $\frac{1}{4}$ tsp of curry powder, to taste
- Large pinch of chilli powder, to taste
- 85g cooked chicken breast, chopped into small pieces
- 1 large wholemeal wrap
- Small wedge of lettuce, to give 2 tbsp when shredded
- 3 slices of cucumber, chopped
- 1 slice of pepper, chopped



Method

Mix the yoghurt and spices to taste and add the chicken.

Spread the chicken mixture on the wrap and then sprinkle on the lettuce, cucumber and pepper.

Spread the chicken mixture on the wrap, and then sprinkle on the lettuce, cucumber and pepper.

Fold opposite edges of the wrap, to keep the filling in, then roll up and cut in half.

This is a great way to use leftover roast chicken.

Try other salad vegetables - grated carrot and chopped celery work well, too.

Complete your lunchbox with:

- Peach and strawberry slices
- Homemade popcorn (for example flavoured with cinnamon)
- 150ml fruit juice drink (with no added sugar)

Recipe submitted by Lewis

Tuna Pasta salad

Ingredients

- 3 tsp olive oil
- Juice of $\frac{1}{2}$ lemon
- Large pinch of dried mixed herbs
- Large pinch of mustard powder
- Large pinch of black pepper
- 1 slice of pepper, chopped
- 2 spring onions, sliced
- 3cm piece of cucumber, chopped
- 45g whole-wheat pasta
- $\frac{1}{2}$ x 160g can of tuna in spring water, drained



Method

Cook the pasta for approximately 8 -10 minutes in boiling water. Run under cold water to cool, then drain. Mix the oil, lemon juice, mixed herbs, mustard powder and black pepper.

Add to the salad vegetables, pasta and tuna and mix gently.

Double the recipe to use the rest of the can of tuna and save for the next day. This would also work well with mixed beans in place of pasta and serve with crusty wholemeal bread.

Complete your lunchbox with:

- A satsuma
- Slice of malt loaf
- 200ml semi-skimmed milk

Recipe submitted by Ava

Tuna mayonnaise and sweetcorn sandwich

Ingredients

- $\frac{1}{2}$ x 160g can of tuna in spring water, drained
- 1 level tbsp reduced-calorie mayonnaise
- 1 heaped tbsp sweetcorn (tinned, or cooked from frozen)
- Large pinch of black pepper
- 2 thick slices of half and half bread



Method

Mix the tuna with the mayonnaise, sweetcorn and pepper.
Sandwich the mixture between the slices of bread.

Mix the filling the night before and store in the fridge to save time in the morning.

Complete your lunchbox with:

- 1 small carrot and a 3cm chunk of cucumber, cut into sticks
- 60g mixed berries
- 200ml semi-skimmed milk

Recipe submitted by Isla

Creamy hummus dip with pitta bread and vegetable sticks

Ingredients

- 2 heaped tbsp tinned chickpeas
- Juice of $\frac{1}{2}$ lemon
- 1 tbsp low-fat Greek style yoghurt
- 1 tbsp olive oil
- $\frac{1}{4}$ tsp paprika (or to taste)
- $\frac{1}{4}$ tsp cumin (or to taste)
- 1 clove of garlic (peeled)
- 1 large wholemeal pitta bread, cut into strips
- 1 small carrot, cut into sticks
- 1 stick of celery, cut into sticks



Method

Put the chickpeas, lemon juice, yoghurt, oil, spices and garlic in a bowl.

Using a hand blender, mix together until smooth.

Serve with the pitta bread strips and carrot and celery sticks.

Make the hummus the previous evening and store in the fridge. As well as saving time, the flavours will have time to develop.

If you're using a shop-bought hummus, choose a reduced-fat version.

Complete your lunchbox with:

- Banana
- Sugar-free jelly pot
- Small bottle of water

Hummus and salad wrap



Ingredients

- 2 tbsp reduced-fat hummus
- 1 large wholemeal wrap
- 1 small carrot, grated
- Small wedge of lettuce, to give 2 tbsp when shredded

Method

- Spread the hummus over the wrap, then sprinkle on the carrot and lettuce.
- Fold opposite edges of the wrap, to keep the filling in, then roll up and cut in half.

If you're using a shop-bought hummus, choose a reduced-fat version. Or make your own

For the snack, pop the frozen fruit in a small pot and it will thaw by lunchtime. The kids will love mixing and swirling their yoghurt into it.

Complete your lunchbox with:

- 5 cherry tomatoes
- 2 tbsp frozen mixed berries and 3 tbsp low-fat Greek style yoghurt
- 150ml fruit juice drink (with no added sugar) or 200ml water

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