

Healthy Lunchbox and Snack Ideas and Tips

Instead of cakes, chocolates and biscuits, try **currant buns** (without icing), fruit bread, tea cakes and malt loaf



KIDS LOVE PLAIN POPCORN!!

Making plain popcorn is easy, quick and cheap:

- Buy the kernels from any supermarket or health food shop
- Place a small handful in a sealed container or covered glass bowl in the microwave
- Heat for approximately 2 minutes
- The popcorn will stay fresh for a few days in an airtight container

Freeze a carton of **pure juice, milk or yoghurt** and place in a mini sandwich bag. It will be defrosted by lunchtime and keep your lunchbox cool in the meantime!



When you are preparing vegetables or salad for dinner, **cut up a few extra carrot, cucumber or celery sticks** for lunch the next day to reduce the time spent preparing lunch!

Provide fruit in small pots which are easy and quick to eat, e.g. chopped canned pineapple, satsuma pieces (peeled), raisins, dried apricots, grapes, peeled and chopped kiwi fruit.



Processed cheeses (e.g. cheese strings and cheese slices) are very high in **salt** - cut Cheddar, Edam or Red Leicester into sticks to make it bite-size and fun to eat!



Try buying '**whole white**' sliced bread (white bread made with one-third wholemeal flour). Or you could make a sandwich from one slice of whole white bread and one slice of wholemeal bread.



Don't forget the dairy – low-fat custard, fromage frais, rice pudding or yoghurt are very popular and good for growing bones!



Make easy swaps – for example, if your child likes something **sweet**, give them raisins or a small can or pot of chopped fruit instead of a chocolate bar. If they prefer **savoury** foods, ditch the crisps and give them plain popcorn, rice cakes or crunchy carrot sticks instead.

Cook some extra pasta, rice or potatoes with dinner the night before to make into an effortless and tasty salad for lunch the next day.



- Keep a selection of breads in the **freezer** for sandwiches. Then you can just take out what you need for one days lunchbox and defrost it on a plate or in the microwave.
- Using a different type of bread each day can make lunchboxes more interesting. **Try granary, wholemeal or whole white bread, pitta, fruit bread, bagels, English muffins, chapatti or wraps.**

BEWARE OF HIDDEN SUGAR

One large **Capri Sun** juice drink contains **7 ½ teaspoons of sugar!** Would you put that much sugar in your tea? (One teaspoon of sugar weighs 5g).

Check the label:

- Drinks stating that they contain **no added sugar** will have artificial sweetener (e.g. aspartame) instead. These are not recommended for young people
- A product is high in sugar if it contains 10g or more of sugar per 100ml. A product is low in sugar if it contains 2g or less per 100ml

Always include a **drink** to help your child concentrate. Go for still/sparkling water, semi-skimmed or skimmed milk, or unsweetened fruit juice.



Pick **low-fat sandwich fillings** such as lean **meats** (e.g. chicken breast or turkey), **fish** (e.g. tuna or salmon), **cheese** (e.g. Edam, mozzarella or cottage cheese), or sliced **banana**.

