

Are you Packing a Healthy Lunch Box?

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What are the benefits of a healthy lunch box?

- Establishes good eating habits
- Improves concentration & behaviour
- Aids growth & development
- Helps prevent tooth decay
- Helps achieve their 5-a-day
- Meets energy requirements
- Decreases the risk of developing obesity



What should be in a healthier lunch box?

Follow the eatwell plate for a balanced and varied diet

1. Bread, rice, potatoes, pasta & other starchy foods
2. Fruit and vegetables
3. Milk and dairy foods
4. Meat, fish, eggs, beans & other non-dairy sources of protein
5. Food and drinks high in fat and/or sugar
“Healthier treats”

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



1. Bread, rice, potatoes, pasta & other starchy foods

- Starchy foods will help your child feel *satisfied*, as well as being a good source of *energy* and *B vitamins*



2. Fruit and vegetables

- Provide *vitamins & minerals* and *fibre* for a healthy diet
- Provide *antioxidants* which reduce the risk of cancer



1 medium apple



1 medium banana



1 handful of grapes



2 broccoli florets



3 heaped tablespoons
of peas



1 medium glass of
orange juice

3. Milk and dairy foods

- Provides *calcium, protein, vitamins B12, A and D*
- Helps **strengthen** bones and teeth



4. Meat, fish, eggs, beans & other non-dairy sources of protein

- Provides *protein* for growth & repair
- Provides *iron*, *B vitamins* and *minerals*



5. Healthier Treats

- Encouraging children not to bring sweets, chocolate, crisps and fizzy drinks for break or lunch

****Choose healthier options for your children's lunchbox!****



Thirst Quenchers



It is important that children drink enough during the day, so that they don't become dehydrated and tired.

Top Tips



Helpful Tips

- Add variety to their lunchbox by using different types of bread
- Use leftover food for lunches from dinner the night before
- Let your children help make their lunch
- Try out new ideas at teatime or at the weekend before including them in their lunchbox



More helpful tips...



- Freeze fruit for an alternative snack
- Add lemon juice to cut up fruit to stop it going off!
- Choose unsalted popcorn rather than crisps
- Choose bright and colourful foods
- Try and get your child excited about their lunchbox, let them pick a lunchbox or even decorate their own

Healthy Lunchbox Ideas

