



# Healthy Packed Lunches

## Preparing your child's lunchbox

An example of a balanced packed lunch will include each of the following:

- starchy foods like bread, rice, potatoes, pasta
- protein foods including meat, fish, eggs, beans
- a dairy item – this could be cheese or a yoghurt
- vegetables or salad and a portion of fruit
- a drink



Offer your child brown, wholemeal or seeded bread (rather than white bread) for sandwiches or pitta bread and wraps.



Children often like food they can eat with their fingers, so chop up raw vegetables such as carrots or peppers and give them hummus or cottage cheese for dipping.



Replace chocolate bars and cakes with fresh fruit. Vary the fruit each day and get them to try new things, such as kiwi or melon. You could also make up a tasty fruit salad. Be inventive and encourage your children when they try something new.

