

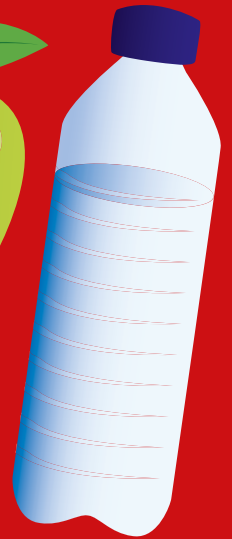


Leicestershire Nutrition and Dietetic Service **NHS**

**PACKED**

**WITH**

**HEALTHY?**



Healthy ways to fill a lunch box

## 1. Take some bread

High fibre white, wholemeal, white, seeded or perhaps a roll, wrap, pitta, chapatti or crackers

## 2. Now take a tasty filling

Chicken, cheese, cream cheese, egg, ham, mozzarella and tomato, tuna and sweetcorn

Add some lettuce, slices of cucumber or a tomato

## 3. Now a portion or two of fruit and vegetables

Apple, banana, grapes, kiwi, pear, plum, mango or melon cubes, dried fruit is good too – raisins, sultanas, apricots. You could even add a little pot of fruit and/or carrot or celery sticks, cherry tomatoes, chunk of cucumber

## 4. Add a dairy choice

Fromage frais or yogurt (especially if no cheese or milk are included)...

# FIVE

## easy steps to a healthy packed lunch

## 5. And to finish add a drink

Water, fruit juice and milk are best  
Look for drinks with no added sugar

## ...and a healthy extra

a slice of malt loaf, currant bun, scone, plain biscuits, plain popcorn

# PACKED WITH HEALTH? Healthy ways to fill a lunch box

	Day 1	Day 2	Day 3	Day 4	Day 5
Take...	bread, roll, pitta, bagel or wrap	crackers and...	a pasta salad	a slice of pizza with a topping of ...	savoury rice or couscous salad with...
Add...	egg cold meat salmon or tuna grated cheese	a chunk of cheese pot of hummus slice of cold meat	tuna beans	chicken cheese ham tuna vegetables	mixed beans chick peas
Now...	tomato cucumber lettuce and / or a pot of fruit salad	cherry tomatoes, raisins and dried apricots	sweetcorn tomato cucumber celery and / or a banana	some grapes	some vegetable sticks and fruit in jelly

## Dairy Choice

yogurt  
fromage frais  
custard  
rice pudding

## Healthy Extras

(to complete the meal)  
slice of malt loaf or fruit bread  
fruit or plain scone  
plain biscuits  
plain popcorn  
currant bun

## Other Choices

(to have less often)  
cake  
fruit muffin  
flapjack  
jaffa cakes  
packet of crisps

## Drinks

water  
milk  
fruit juice  
yoghurt drink  
smoothie  
diluted squash

For more ideas  
and lunchbox  
information go to  
[www.lnds.nhs.uk](http://www.lnds.nhs.uk)

# Keep Your Child's Lunchbox Safe

Make sure your child's lunchbox is clean and safe. Sandwiches containing meat or other foods that require refrigeration should be kept as cold as possible until lunch. Help keep lunches cool and safe by following these top tips:

- Chill food and drink before packing into the lunchbox and where possible use ingredients from the fridge
- An insulated box or bag can be used to help keep lunches cool. A small ice pack can also be used or frozen drink which will give a cool drink at lunchtime.
- Discard any perishable food that hasn't been eaten at the end of the day
- Wash and dry reusable water bottles, lids and lunchboxes every day in warm soapy water.

