











LUNCHBOX PLANNER

Here are some ideas to try. Swap these for your own combinations from the "Eatwell Plate" food groups.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
<ul style="list-style-type: none"> • Cheese & tomato pizza • Mixed bean salad • Seedless grapes, washed • Bottle of water 	<ul style="list-style-type: none"> • Spicy chicken & salad wrap • Fromage frais • Banana • Orange juice 	<ul style="list-style-type: none"> • Vegetable couscous (add peppers, red kidney beans, onion & courgette) • Tinned pineapple chunks with yogurt dip • Semi-skimmed milk 	<ul style="list-style-type: none"> • Egg sandwich • Cherry tomatoes • Custard pot • Dried apricots • Apple juice 	<ul style="list-style-type: none"> • Tuna & sweetcorn pasta salad • Yogurt • Kiwi • Bottle of water

Short on time? Have you thought about choosing school lunches? They are a great way for kids to try a wide variety of healthy well balanced meals and are great value for money, so why not give them a go! www.myschoollunch.co.uk/nottingham

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
<ul style="list-style-type: none"> • Chicken & mixed vegetable rice salad • Crackers & cheese cubes • Satsuma • Apple juice 	<ul style="list-style-type: none"> • Hummus & pitta bread • Carrot sticks • Fruit pot • Plain biscuit • Semi-skimmed milk 	<ul style="list-style-type: none"> • Ham salad roll • Rice pudding pot • Box of raisins • Orange juice 	<ul style="list-style-type: none"> • Cheese & tomato pasta salad • Malt loaf • Melon slices • Bottle of water 	<ul style="list-style-type: none"> • Wholemeal sandwich with tinned sardines • Cucumber sticks • Yogurt • Small fruit scone • Fruit smoothie

Lunchbox tips

- Use a variety of breads to keep sandwiches fun and interesting
- Chop fruit and vegetables into sticks to make it fun to eat
- Have a change from sandwiches using rice and pasta
- Prepare packed lunches the night before and store in the fridge
- Get older children to help make their own packed lunch
- Don't forget to wash fruit and veg

For healthy teeth it is best to eat dried fruit with a meal rather than between meals as a snack



The Nutrition Team



a healthier lunch all wrapped up

Ideas for choosing a balanced packed lunch



Aim to include one portion of fruit and one portion of vegetables in the lunch box.

Benefits: Fruit and vegetables are full of vitamins, minerals and fibre, essential for health.

- Whole/pieces of fresh fruit
- Fruit in natural juice
- Dried fruit e.g. raisins, apricots, dates
- Vegetables such as sweetcorn, peppers or peas added to pasta, rice, noodles or couscous
- Lettuce, tomato or cucumber added to rolls, sandwiches and pitta
- Vegetable sticks e.g. carrots, peppers or cucumber
- Cherry tomatoes

To keep food cold you could try using a cool bag/pack or include frozen water, juice or even milk to keep food chilled.

Always include something from this group in the lunch box.

Benefits: a good source of protein is needed for healthy growth.

- Meat e.g. ham, beef, chicken, pork, turkey, grilled sausage
- Fish such as tuna, sardines, salmon, mackerel, pilchards
- Beans and pulses e.g. chickpeas, red kidney beans, hummus, mixed beans
- Vegetarian meat alternatives e.g. Quorn, tofu or soya products
- Hard boiled eggs

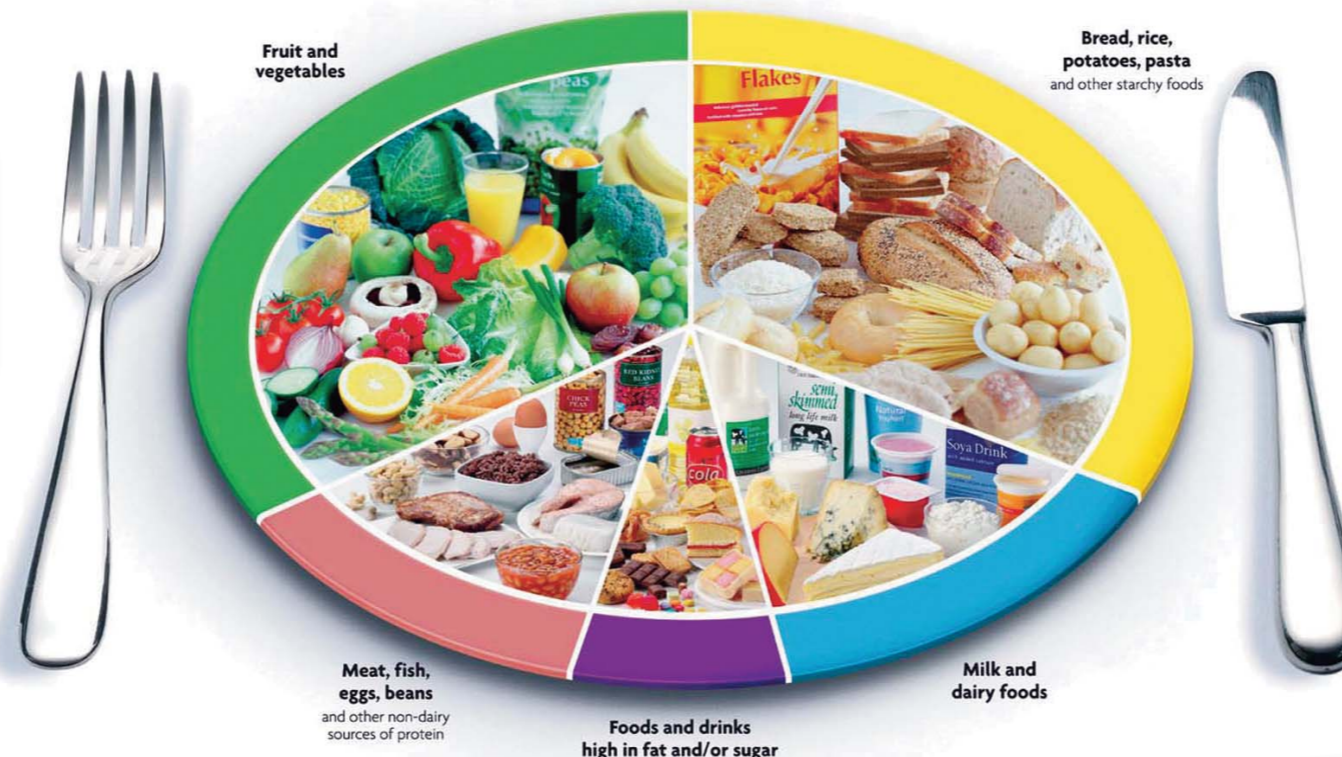
Include a drink with the packed lunch.

Benefits: The body needs fluid to keep it hydrated. This helps children concentrate and helps to prevent headaches.

- The best choice is water or milk
- Other alternatives are fruit juice or smoothies
- Look for drinks with no added sugar
- Dilute pure fruit juice with water (half and half)

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.



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Always include something from this group in the lunch box.

Benefits: an excellent source of energy, vitamins and minerals. Wholemeal and wholegrain varieties are a good source of fibre for a healthy digestive system.

- High fibre white/granary/seeded bread, bread rolls, cobs, soda bread
- Crackers, crispbread, oatcakes, rice cakes, breadsticks
- Chapatis, roti, tortilla wraps
- Pasta, rice, couscous, noodles
- Bagels and pitta

Make sure packed lunches are stored in a cool, dry place to prevent the growth of harmful bacteria.

Including a portion of food from this group will help to achieve daily calcium needs.

Benefits: A good source of calcium for healthy bones and teeth and also a good source of protein.

- Slices or cubes of cheese, cheese triangles, soft cheese
 - Milk - semi-skimmed is a good choice
 - Fromage frais and yogurts
- Choose low fat varieties

Lunchbox swaps

- Try bags of grapes, melon chunks and strawberries to provide the sweetness without the added sugar.
- Choose teacakes, fruit loaf, scones or plain biscuits as an alternative to cakes and chocolate.
- Carrot and celery sticks with a natural low fat yogurt or hummus dip are tasty side-orders.

Regularly eating food high in sugar, especially between meals can increase the risk of tooth decay

