

Healthy Lunchboxes

FOR A HEALTHY LUNCHBOX **PICK & MIX**
SOMETHING FROM EACH GROUP 1-6!



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Lunchbox Ideas...



Please see below some suggestions.

Sandwich / Wrap / Cold Pasta

- Banana sandwich with wholemeal bread
- Tuna & Sweetcorn wholemeal roll
- Pasta Salad
- Cheese, Ham, Lettuce Pitta
- Red Pepper & grated carrot wrap

Snack

- Small box of raisins
- Reduced Sugar Yoghurt
- Malt Loaf
- Cheese Triangle
- Vegetable Crisps

Fruit / Veg

- Apple
- Grapes (PLEASE CUT EACH GRAPE INTO 4)
- Orange
- Banana
- Vegetable sticks— Cucumber/ Carrot / Pepper/ Celery Sticks
- Plum / Peach
- Cherry Tomatoes (PLEASE CUT EACH TOMATO INTO 4)



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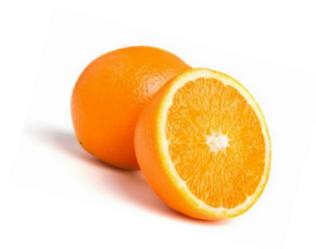
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But my little one hates eating some of those things...

It may take a while for your child to get used to a healthier lunchbox but keep trying.

- * Get your children involved in preparing and choosing what goes in their lunchbox. They're more likely to eat it if they helped prepare it.
- * Introduce different types of fruit and vegetables—keep it interesting for your children!
- * Role model—eat similar foods to your children. Your little one is less likely to eat or try a food if you also don't like it.
- * Read supermarket food labels to help you buy healthier foods for your child's lunch and family mealtimes
- * **TOP TIP:** On average, you have to try a food 11 TIMES before you know you really don't like it!

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My child won't try anything new!

It's important to make trying new foods FUN and a positive experience! Remember to praise your children for trying, and never force them to eat something they don't want to.

- * Show children a new food a few times before you ask them to taste it.
- * Put new foods with familiar foods they like, e.g. a new fruit in familiar yoghurt.
 - * Taste the food with the children.
 - * Offer one new food at a time.
- * Choose brightly coloured foods with mild flavours and interesting textures.
 - * Give foods special names, e.g. calling broccoli 'mini trees'.

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