

Lunchbox Tips & Ideas

Keep them fuller for longer

Base the lunchbox on foods like bread, rice and pasta. Choose wholegrain where you can.

Mix your slices and types of bread

If your child doesn't like wholegrain, try making a sandwich from one slice of white bread and one slice of wholemeal/brown bread. Make lunchboxes more interesting by using different shapes, like bagels, pittas and wraps, and different types of bread, such as granary, wholemeal and multi-grain. Or try pasta or rice some days as an alternative.

Cut back on fat

Pick lower fat sandwich fillings, such as lean meats (including chicken or turkey), fish (such as tuna or salmon), reduced-fat cream cheese, and reduced-fat hard cheese.

Add salad

Always try and add salad to sandwiches – it all counts towards your child's 5 A DAY.



White/Brown Bread



Wrap



Roll



Bagel



Pitta Bread



Pasta or Rice



Banana



Apple



Chopped Grapes



Tomatoes



Carrot/Cucumber
Sticks



Mixed Berries

Add bite-size fruit

Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown.

Always add veg

Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A DAY.

Adding a small pot of reduced-fat hummus or other low fat dips may help with getting kids to eat vegetables.

Tinned fruit counts

A small pot or tin of fruit in juice – not syrup – is perfect for their lunchbox and is easily stored in the cupboard.

Swap the fruit bars

Dried fruit such as raisins, sultanas and dried apricots are not only cheaper than processed fruit bars and snacks but can be healthier too. Remember to keep dried fruit to mealtimes as it can be bad for your child's teeth.

Swap the sweets

Swap cakes, chocolate, cereal bars and biscuits for malt loaf, fruited teacakes, fruit breads or fruit (fresh, dried or tinned – in juice not syrup). Or try a sugar free Jelly pot.

Go low fat and lower sugar

Go for low-fat and lower sugar yoghurt or fromage frais and add your own fruit to natural yoghurt.



Sugar Free Jelly



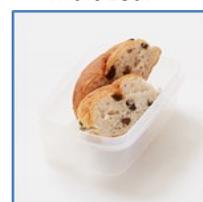
Malt Loaf



Fruit in Natural Juice



Raisins



Tea Cake



Plain Rice Cakes

There is no need to send in any drink for lunch. Fresh water will be provided for the children daily



Remember Kingsley is a NUT FREE School, please do not send you child with any nuts or food containing nuts



Variety is the spice of lunchboxes!

Get your kids involved in preparing and choosing what goes in their lunchbox.

They are more likely to eat it if they helped make it.

Be adventurous and get creative to mix up what goes in their lunchbox.