

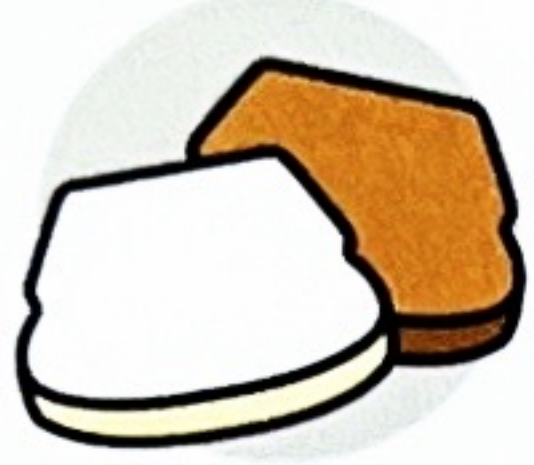
Healthy lunch box for school age children



Keep them fuller for longer. Base the main lunchbox item on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.



Cut back on fat. Pick lower-fat fillings – like lean meats fish, lower-fat spread, reduced-fat cream cheese and reduced-fat hard cheese. And try to avoid using mayonnaise in sandwiches.



Mix your slices. If your child does not like wholegrain, try making a sandwich from 1 slice of white bread and 1 slice of brown bread.



Ever green. Always add salad to sandwiches and wraps too – it all counts towards your child's 5 A Day!



Cut down on crisps/chips. If your child really likes their crisps try reducing the number of times you include them in their lunchbox, and swap for homemade plain popcorn or plain rice cakes instead.



Tinned fruit counts too. A small pot of tinned fruit in juice – not syrup – is perfect for a lunchbox and easily stored in the cupboard.



Switch 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).



Get them involved 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.



Freeze for variety. Keep a small selection of different types of bread in the freezer so you have a variety of options – like bagels, pittas and wraps, granary, wholemeal and multigrain.



DIY lunches. Wraps and pots of fillings can be more exciting for kids when they get to make them. Dipping foods are also fun and a nice change from a sandwich each day.



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



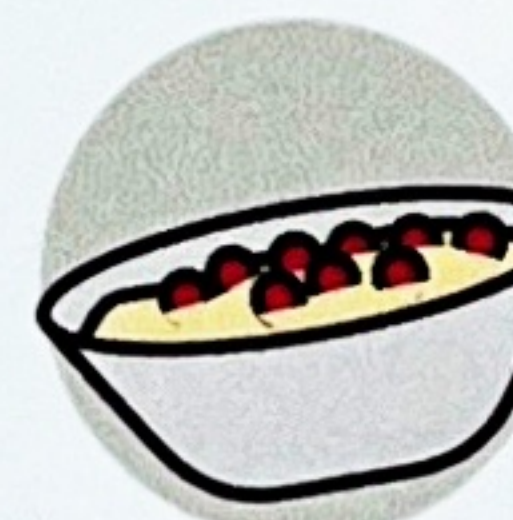
Cheesy does it... Cheese can be high in fat and salt, so choose stronger-tasting ones – and use less of it – or try reduced-fat varieties



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.



Swap the fruit bars. Dried fruit like raisins, sultanas and dried apricots are not only cheaper than processed fruit bars and snacks but can be healthier too.



Yoghurts: go low-fat and lower-sugar Pop in low-fat and lower-sugar yoghurts or fromage frais and add your own fruit.



Be adventurous and get creative to mix up what goes in their lunchbox. Keeping them guessing with healthier ideas will keep them interested and more open to trying things.

Cheesy coleslaw with wholemeal pitta recipe



Prep: 10 mins

Serves: 1



Crunchy, cheesy coleslaw in a pitta makes a change from traditional sandwiches. Try serving with 5 cherry tomatoes, a small box of raisins, one tablespoon of low fat greek yoghurt and 7 oz/200ml semi skimmed milk.

Kcal	Fat	Sats	Carbs	Sugar	Fibre	Protein	Sodium
351kcal	8.4g	3.4g	47.8g	10.1g	7.3g	17.4g	480mg

Hummus and salad wrap recipe



Prep: 10 mins

Serves: 1



Simple to make and fun to eat. Try serving with cherry tomatoes, and some mixed berries with low-fat Greek style yoghurt.

Kcal	Fat	Sats	Carbs	Sugar	Fibre	Protein	Sodium
351kcal	13g	2.7g	42.4g	3.9g	10.3g	10.8g	640mg

Salmon and salad bagel recipe



Prep: 10 mins

Serves: 1



Bagels are popular with kids so this is a good way to introduce some fish into your child's lunchbox. This would work well with a handful of grapes and a plain rice cake.

Kcal	Fat	Sats	Carbs	Sugar	Fibre	Protein	Sodium
376kcal	11g	1.9g	40.2g	4.4g	5.6g	26.2g	600mg

Spicy chicken and salad wrap recipe



Prep 10 mins

Serves: 1



Wraps are a popular alternative to sandwiches. Complete your child's lunchbox with some homemade popcorn and fresh fruit

Kcal	Fat	Sats	Carbs	Sugar	Fibre	Protein	Sodium
377kcal	8.2g	3.2g	37.9g	6.1g	6.5g	34.7g	480g

Hummus and salad wrap recipe

2 tablespoons reduced-fat hummus
1 large wholemeal wrap
1 small carrot, grated
small wedge of lettuce, to give 2 tablespoons when shredded

Complete your lunchbox with:

5 cherry tomatoes
2 tablespoons frozen mixed berries and 3 tablespoons low-fat Greek style yoghurt
5fl.oz/150ml fruit juice drink (with no added sugar) or 7 fl.oz 200ml water

Spread the hummus over the wrap, then sprinkle on the carrot and lettuce. Fold opposite edges of the wrap, to keep the filling in, then roll up and cut in half.



Cheesy coleslaw with wholemeal pitta recipe

1 teaspoon reduced-calorie mayonnaise
1 tablespoon low-fat Greek style yoghurt
1 thin slice of white cabbage, shredded (to give a handful)
1 small carrot, grated
2 spring onions or a slice of onion, chopped
1 oz/20g reduced-fat cheddar cheese, finely chopped or grated
Parsley, chopped (optional)
1 large wholemeal pitta bread

In a bowl, mix the mayonnaise and yoghurt.

Add the vegetables, cheese and parsley (if using). Mix well. Carefully split open the pitta bread and fill with the coleslaw.



Spicy chicken and salad wrap recipe

1 tablespoon low-fat Greek style yoghurt
¼ teaspoon of curry powder, to taste
large pinch of chilli powder, to taste
3oz/85g cooked chicken breast, chopped into small pieces
1 large wholemeal wrap
small wedge of lettuce, to give 2 tablespoons when shredded
3 slices of cucumber, chopped
1 slice of pepper, chopped

Complete your lunchbox with:

peach and strawberry slices
homemade popcorn

5fl.oz/150ml fruit juice drink (with no added sugar)

Mix the yoghurt and spices to taste and add the chicken. Spread the chicken mixture on the wrap, then sprinkle on the lettuce, cucumber and pepper. Fold opposite edges of the wrap, to keep the filling in, then roll up and cut in half.



Salmon and salad bagel recipe

1 wholemeal bagel
small can (4oz/105g) or half a large can of pink salmon
1 level tablespoon reduced-calorie mayonnaise
large pinch of black pepper
4 slices of cucumber
small wedge of lettuce, to give 2 tablespoons when shredded

Complete your lunchbox with:

handful of grapes (about 12)
1 plain rice cake
7fl.oz 200ml semi-skimmed milk

Cut the bagel in half, toast and leave to cool.

Drain the salmon and remove the bones. Mix with the mayonnaise and pepper. Spread the mixture on one half of the bagel, add the cucumber and lettuce and then top with the other half of the bagel.

