

## Top Tips for a Healthy Lunch Box

- ✓ Try to vary the contents of the lunchbox daily, that way you make sure your child is getting the best variety of nutrients their body needs to function and grow.
- ✓ Involve your child in preparing their lunchbox. They are more likely to enjoy food they have made themselves.
- ✓ Make sure that food, especially sandwiches are wrapped well to keep them fresh.
- ✓ Make sure food is stored properly; lunches packed the night before need to be kept in the fridge. Keep lunch fresh during the day using reusable ice packs. Freezing yoghurt also helps to keep it cold until lunchtime.
- ✓ If your child does not eat brown bread yet, try using the 'best of both' varieties or a slice of white and a slice of brown.
- ✓ For variety use pitta breads, wraps, chapattis, bagels and rice cakes with different fillings.
- ✓ Always try adding a little salad to the sandwich – it makes them look and taste a lot better.
- ✓ The setting will provide all drinks for your child so there is no need to provide one – which saves you time and money!



12/06/2016

For more information please visit [www.nhs.uk/change4life](http://www.nhs.uk/change4life)



# What's in a healthy lunch box?

**Eating well is important.** Children need to eat well as it will give them energy and nutrients to grow and develop, be healthy and active.

Use the information below to help make your child a healthy lunch box every day.

This is a suggestion of what a healthy packed lunch could contain and the proportion of each food type that should be added.

Please support the setting's commitment to healthy eating by following these guidelines.

## Don't include



There's no need to add a drink. Your child will be provided with water and will have milk every day.



Foods high in fat, sugar and/or salt eg biscuits, sweets, chocolate, cereal bars and crisps. It is recommended that they are only eaten once a week, so you can choose to offer them at home.

