



GAINSBOROUGH PRIMARY & NURSERY SCHOOL

ONE MINUTE GUIDES

Healthy Lunchbox

According to the NHS 'Change4Life' website, a balanced lunchbox for children should contain:

- Starchy foods such as bread, a roll, pitta or flat bread, fruit bread, crackers, rice, potatoes or pasta.
- Protein foods like slices of lean meat, fish, hardboiled eggs or beans.
- A dairy item, like cheese, cheese sticks or slice, grated cheese, milk or yoghurt.
- Fresh fruit.
- Crunchy vegetables.
- Water.



- ✓ Get your children involved in preparing and choosing what goes in their lunchboxes – they're more likely to eat what's in it!
- ✓ Swap cakes, chocolate, cereal bars and biscuits for malt loaf, fruited teacakes, fruit breads or fruit (fresh, dried or tinned – in juice not syrup).
- ✓ If your child really likes their crisps; try reducing the number of times you include them in their lunchbox and swap or homemade plain popcorn or plain rice cakes instead.
- ✓ 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.
- ✓ Wraps and pots of fillings can be more exciting for kids when they get to put them together. Dipping foods are also fun and make a change from a sandwich each day.

You can find more hints about what your child's lunchbox should contain at:

<https://www.nhs.uk/change4life/recipes/healthierlunchboxes>