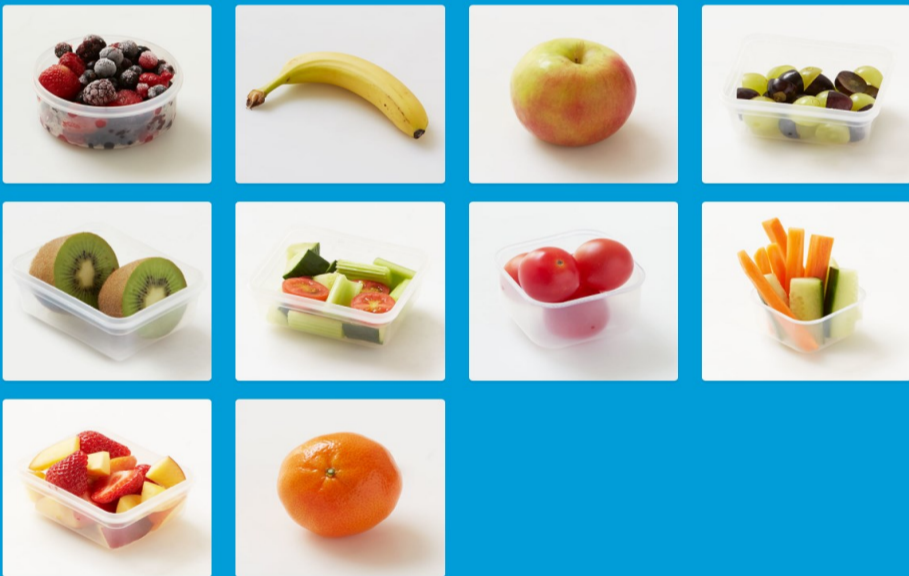


Choose a main dish



	Sandwiches	Salad	Tuna
	Wraps	Bagels	Soft Cheese
	Pitta's	Chicken	Egg Mayo

Add some fruit or salad



Add a little something else

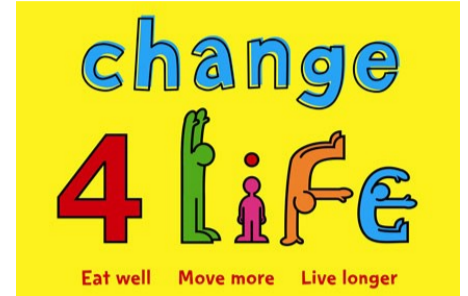


And a drink!



School meals are a great choice, but if you do make a packed lunch for your child then Change4life have got it covered. Get hints and tips on what their lunchbox should contain as well as lots of easy-to-prepare ideas your children will love. Check out the Change4life website

www.nhs.uk/change4life



Lunchbox tips



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 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.



Cut down on crisps

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.



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 dips may help with getting kids to eat vegetables.



Keep them fuller for longer

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



DIY lunches

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.



Tinned fruit counts

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



Ever green

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