

Healthy Lunch Ideas

Healthy lunches and snacks are important for active children. It helps them to concentrate and learn. The children might like to make a list of foods they enjoy. Praise them when they make good choices and when they try new foods. If you introduce something new, let them try just a little don't force them to eat it.



Ideally lunchbox food should contain something from each food group.

Vitamins and Minerals -Crunchy vegetables/ salad

Protein - meat, egg, peanut butter

Dairy - cheese, milk, yoghurt

Starch - bread there are lots of varieties.

Fluids - Water, fruit juice, smoothies, milk, this could be frozen and used as an ice pack.



Tasty Vegetables

Veggie sticks served with or without dips. (Hummus, tzatziki, avocado)

Cucumber, celery, carrot, pepper, broccoli, cauliflower and don't forget cherry tomatoes, all delicious raw.

Small bowls filled with couscous and finely chopped salad or vegetables

Pasta with finely chopped vegetables or salad

Rice (white or brown) with chopped vegetables or salad

Potato salad

Chickpeas or mixed bean salad with chopped salad or vegetables

Don't forget to add a tasty dressing to the above dishes so they are not dry.



Pasta comes in many interesting shapes to add variety.

Pasta can be served with tuna and sweet corn, tomato and mushroom sauce, chopped meat ie chicken/ ham etc with a sauce.



Whole meal bread is best, but most bread is fortified now, ie best of both. There are also breads from around the world to aid variety. Bagels, rolls, wraps, pita, French stick, nann, pizza, croissants, crackers to name a few.



Fillings can also be varied with or without salad, pickles and dressings.
 Cheese/ lots of variety from around the world, cream, sliced, grated. (Try grated carrot and cheese with mayonnaise and a little black pepper, yummy)
 Egg / sliced, chopped, with onion or mayo.
 Meats look for low fat, chicken, ham, sausage, beef, coronation chicken etc again lots of variety. Be careful of processed meats such as salami, pastrami and some hams as they contain lots of salt and can be fatty.
 Fish - tuna, salmon, sardines, pilchards, prawn etc.
 Peanut butter
 Vegemite / marmite
 Apple and raisin
 Avocado
 Quorn meats (vegetarian)
 Sandwiches can be cut into interesting shapes to entice faddy eaters.
 You could have a different shape or even have a different coloured theme each day.



Fruits
 Mango, grapes, banana, apple, pear, melon, strawberries, pomegranate (prepared), pineapple, cherries (mind the stones) Satsuma, raspberries, kiwi fruit, papaya, and dried fruits the list is endless!
 All can be eaten on their own or made into a scrumptious fruit salad supplied in a small plastic tub.

For more ideas and recipes: try Google packed lunches or
www.nutrition.org.uk www.vegcooking.com www.bbc.co.uk
www.schoolfoodtrust.org.uk

If you have any great ideas and recipes please forward them to me and we can put them on our school web site.