

Packed Lunch Ideas

All Packed Lunches should contain:

- one main
- one side dish
- at least one portion of fruit or vegetables
- a healthy, low sugar drink

Here are some ideas for healthy packed lunch contents:



Main dishes

Sandwiches made with:

Wholegrain bread, 50/50 bread, wholegrain wraps, wholegrain flatbread, wholegrain pitta, wholegrain bagels, wholegrain sandwich thins, wholemeal chapattis

Fillings:

Tuna, tinned salmon, ham, chicken, turkey, egg, cheese, cream cheese, cottage cheese, humus, falafel.

All ideally with a variety of salad such as:

Lettuce, tomatoes, cucumber, sweetcorn, peppers, olives, carrots, onions



Salad

Made up of a filling similar to the sandwich fillings opposite, with pasta, rice, potato, noodles, couscous, quinoa

A portion of quiche, tortilla/ Spanish omelette, savoury tart

Hot dishes, where permitted and with suitable flask, such as:

Homemade soup

Homemade stew





Side dishes

Crackers & cheese
Rice cakes
Hard-boiled egg
Veg sticks with dips e.g. humus, guacamole
Breadsticks
Oatcakes
Low fat, low sugar yoghurt
Homemade, low sugar cake
Small homemade flapjack
Malt loaf
Plain popcorn
Sugar free jelly



Drinks

Healthy drinks options include:

Water

Milk

Sugar free juice

150ml Fresh fruit juice

Avoid fizzy drinks, sugary juices and smoothies.



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Fruit and vegetables

Carrot sticks

Apple

Banana

Grapes

Strawberries

Celery

Cucumber

Peppers

Melon

Satsuma

Pear

Blueberries

Mixed fruit salad

1 tablespoon of dried fruit



Our packed lunch top tips

Pack a frozen tube of yoghurt/small ice pack to keep the lunchbox cool.



Plan for the week ahead to save money and time and try to vary the contents.

Make packed lunches the night before to save time in the morning.

Invest in suitable containers to prevent food spoiling or being damaged.

Get your child involved in planning and preparing the lunchbox. Let them choose from a set menu or whilst out shopping with them.



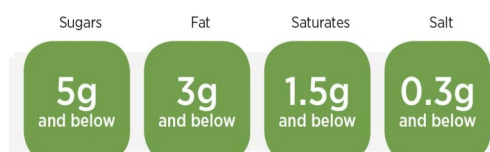
Don't forget you can use tinned fruit as long as it is in its own juice and not syrup. And dried fruit is also a healthy choice but limit it to a single portion of 1 tablespoon full.



Make a large batch of homemade soup or stew and freeze in portions for lunchboxes when you don't have as much time to prepare. Check with school whether hot dishes are allowed in a suitable flask.

Beware of branded products and foods aimed at children they are often more expensive and aren't always the healthiest choice.

Look out for the traffic light labels on foods and choose low sugar and low fat options, go for green!



Prepare homemade snacks such as flapjacks and cakes so that you can control how much sugar and fat they contain.