

HEALTHY LUNCHBOXES



Here are some practical tips for you and your children on how to prepare a healthy lunchbox. Good food habits set early in childhood can last a lifetime. Lunches provide around one third of our daily nutritional needs, so it's important to put some thought and planning into them.

HERE ARE SOME TIPS ON HOW TO PREPARE A HEALTHY LUNCHBOX

TIRED OF PACKING THE SAME OLD LUNCH? – KEEP IT VARIED

- Include a wide variety of foods – starchy foods, protein, dairy, and fruit and vegetables
- Add interest to the lunchbox – try some of the following ideas:
 - Vary the types of bread for example, pitta bread, bagels, wholemeal rolls – keep a stock in the freezer
 - Cook extra rice or pasta in the evening – these can make interesting salads
 - Theme your lunchbox on a different country, for example Italian – try a pasta salad, Mexican – fill flour tortillas
- Home-made soup (in a Thermos flask) is great for cold days, while salads are light and refreshing for warmer weather. Both are packed with essential vitamins and minerals
- Fluids are important for children – up to 6 cups of fluid should be encouraged daily. Milk and water are the best options. Straws and brightly coloured drinks bottles can make rehydrating more interesting!
- Get your child involved in packed lunches. Let them help choose some element of their lunch. Pick a colourful lunchbox or let them decorate one with stickers
- Children often need to see and taste new foods several times before they accept them, so try out new ideas at teatime or the weekend before including them in a lunchbox

IDEAS FOR TASTY, HEALTHY LUNCHES ARE JUST A CLICK AWAY

- Check out the the **safefood** website for easy ways to choose a balanced nutritious and tasty lunch for your children each day.

www.safefood.eu/Healthy-lunchboxes

MAKE SURE IT'S CLEAN AND SAFE

Remember that sandwiches containing meat or other foods that require refrigeration should be kept as cold as possible until lunch. Help keep lunches cool and safe by following these tips:

- An insulated box or bag can be used to help keep lunches cool. A small ice pack can also be used or alternatively include a frozen fruit juice carton
- It is important that lunches are not kept in a warm place such as near radiators or in direct sunlight
- Discard any perishable food that hasn't been eaten at the end of the day
- Wash and dry reusable water bottles, lids and lunchboxes every day in warm soapy water
- To keep the cool air in, minimize the number of times your child needs to open the lunchbox, by packing other food items that don't need to be kept cool separately
- Include some kitchen paper to mop up any spills or mess

And last, always remember to wash your hands before eating lunch.



HERE'S WHAT SHOULD GO IN A HEALTHY LUNCHBOX

BREAD AND CEREALS

Two portions from the bread and cereals group which would be...

- 2 slices of bread
- 1 medium bread roll
- 1 tortilla wrap
- 1 pitta bread
- 4–6 crackers or breadsticks
- 4 tablespoons or 6 dessertspoons cooked rice, pasta or couscous
- 1 small bagel

DID YOU KNOW?

Including wholegrain varieties of breads and cereals in our diet can help us feel fuller for longer and prevent constipation.



MEAT AND MEAT ALTERNATIVES

One portion from the meat and meat alternatives food group...

- 2 slices (50–75g or 2–3oz) of cooked meat
- 1–2 eggs (hard-boiled, sliced or mashed)
- A small can (100g or 4oz) of tuna, salmon, mackerel or sardines
- 4 tablespoons of chickpea spread, for example, hummus – try out as a dip with carrots or celery

Note: Fish such as tinned tuna or salmon should be included in the lunchbox at least once a week – remove any bones

DID YOU KNOW?

Lean cuts of meat such as chicken breast are lower in salt than processed meats such as ham and bacon. Too much salt can raise blood pressure in adults and children so choose lean meat more often than processed meat.



FRUIT AND VEGETABLES

At least one portion from the fruit and vegetables food group...

- 1 medium apple, orange, banana, pear or similar size fruit
- 2 small fruits – plums, kiwis or similar size fruit
- A small glass (100ml) of unsweetened fruit juice
- Half a tin (3 tablespoons or 4 dessertspoons) of fruit in its own juice
- 1 heaped dessertspoon of dried fruit (for example, raisins or sultanas)
- 1 small bunch of grapes (10–12 grapes)
- 1 small salad (for example, dessert bowl sized salad of lettuce, tomato, cucumber and celery sticks)
- 3 tablespoons or 4 dessertspoons of vegetables (for example, chopped or grated carrots)
- A bowl of homemade vegetable soup

DID YOU KNOW?

To avoid soggy sandwiches put juicy vegetables between some lettuce and other sandwich filler for example, cheese. For younger children cutting fruit into manageable size chunks will encourage them to eat more fruit.



DAIRY PRODUCTS

One portion from the dairy products food group...

- 1 glass or mini-carton of milk (200ml)
- A pot of natural or low fat yoghurt (125ml) or similar quantity of custard
- 2 triangles of spreadable cheese
- 2 processed cheese slices
- A matchbox-sized piece of cheese such as cheddar, edam or gouda varieties

Note: Low fat dairy products are suitable for children over two years of age. Flavoured milks are also a good source of calcium but have a higher energy and sugar content than plain milk – check labels and compare brands.

DID YOU KNOW?

Dairy products are especially important in the diets of children and teenagers as they provide calcium to support growing bones and teeth.



HEALTHY SNACK OPTIONS (LOWER IN SUGAR AND FAT)

Many schools have developed healthy eating policies that encourage parents and children not to put certain treat foods in the lunchbox such as chocolate, crisps and sweets. Sometimes it can be difficult to think of alternatives to these. Here are some tasty alternatives.

- Fruit (for example, an apple or banana, handful of grapes)
- Washed, raw vegetable pieces (for example, sticks of carrot, celery, pepper and cucumber)
- Washed, whole raw vegetables (for example, cherry tomatoes)
- Half tin of fruit (in its own juice)
- Plain popcorn (unsalted)
- Plain breadsticks, unsalted plain or wholewheat crackers, crispbreads or water biscuits served with fruit or cheese
- Plain rice cakes
- Natural or low fat yoghurt with chopped fruit (fresh, frozen or tinned in its own juice)
- Wholemeal or plain scones
- Plain biscuits (for example, digestive biscuits, rich tea)*
- Fruit loaf or mini fruit muffin*
- A plain bun or slice of cake*
- A slice of carrot cake or banana bread*
- Sugar-free jelly pots or fruit Jelly
- Pot of custard or rice pudding

* These are best taken with meals (when they are less damaging to teeth) and should not be taken too frequently between meals. These snacks and drinks are nutritious, but still contain some sugar, fat or salt.



SUITABLE DRINKS FOR CHILDREN



It is important that children take in enough fluids during the day. If they do not drink enough, they may become dehydrated, thirsty, tired and weak. Drinks should always be included for break-time and lunch.

Water and milk are the most suitable drinks for children. Because of its natural sugar content, unsweetened fruit juice should be consumed with meals and ideally diluted (one part juice to ten parts water).

If you are unsure about whether a drink contains added sugar, check the ingredients list. Less common terms for sugar that may appear on the ingredients list are sucrose, fructose, glucose, maltose, dextrose and syrup. See our table for the low down on suitable drinks.

DRINK	TOOTH FRIENDLY	
Water	Best choice anytime	
Milk (semi-skimmed or low fat preferably)	Good choice anytime	
Unsweetened fruit juice (fruit juice from concentrate is suitable also if it does not contain added sugar)	At mealtimes	
Flavoured milk*	At mealtimes	
Diluted sugar-free squash	At mealtimes	
Yoghurt or milk drinks*	At mealtimes	
Smoothies*	At mealtimes	
Fruit juice drink (unsweetened)	At mealtimes	
Fruit juice drink (sweetened)	Not tooth friendly	
Fizzy drinks (including diet versions)	Not tooth friendly	

*Compare brands and choose those that are lower in sugar

5-DAY LUNCHBOX PLANNER

We often end up putting the same things in the lunchbox everyday. Keeping lunchbox contents varied makes lunch more enjoyable. The following planner shows you the potential variety you can have.

MONDAY

1 medium bread roll with chicken and lettuce

+



+

Handful of carrot sticks

+

Pot of low fat yoghurt

+



TUESDAY

Small pitta bread with tuna and sweetcorn

+



+

½ wholemeal scone

+



+

Carton of milk

WEDNESDAY

2 tablespoons of cous-cous with 1 tablespoon of dried fruit

+



+

2 crackers with low fat cheddar cheese

+



+

Carton of unsweetened fruit juice

THURSDAY

2 slices of bread with cooked ham and lettuce

+

Small container of fruit in its own juice

+



+

Yoghurt

+



FRIDAY

Tortilla wrap with chicken, sliced peppers and lettuce

+



+

Small tub of stewed fruit

+

Small slice of fruit cake

+



Note:

1. Lunchbox planner includes snack and lunch items
2. Smaller portions for smaller people
3. Use low fat spread, low fat mayonnaise or relish instead of full fat options

www.safefood.eu
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