



Healthy Choices for a Tasty Lunchbox



...for ages
5-11



Healthy Choices for a Tasty Lunchbox

Appetites and taste buds are changing, so it's a challenge to keep up with new ideas and still be confident they are getting all the nutrients they need, in an interesting way.



This guide will give you an idea of portion sizes and variety, and creative ways to use up leftovers. Some ideas could also be made on a day off and eaten over a couple of days.

Switch around ideas to suit your child and what you have in the cupboard. Remember, it's normal for children to experience food-related peer pressure and this can be challenging. Check your school's lunchbox policy to be sure on their rules.

Getting Started

Be
**SUGAR
SMART!**

Under 7s should
have **no more
than 19g of
sugar** per day

Under 11s should
have **no more
than 25g of
sugar** per day

Check the
labels, you may
be surprised by
what's already
in their food!

Remember, you and your children should aim to eat your **5-a-day**.
Aim to get **two portions** of fruit and veg in their lunchbox!



Keep encouraging the
children to **try new foods**

It's always worth **experimenting with different
flavours** and spices as they get older!

Getting Organised

Are you able to plan your lunchboxes for the week?

This could help you save time and money when shopping, by ensuring that nothing goes to waste. Here are some of our ideas...

Pitta: You can store
pitta bread in the
freezer and they
will keep for longer



Wraps: One small tin of
salmon makes enough
for 2 wraps - store
leftover mixture in the
fridge for up to 2 days

Monday - Ham salad pitta
pocket, malt loaf slice + banana

Tuesday - Monday night
leftover pasta, yoghurt + apple

Wednesday - Salmon cucumber
wrap, malt loaf slice + apple

Thursday - Hummus, carrot and
sultana sandwich, yoghurt +
breadsticks

Friday - Salmon cucumber
wrap, banana + a small flapjack

Yoghurt: Buy one
large pot and split into
small tubs for lunches



Fruit: Choose two
or three different
fruits each week,
to make sure they
all get finished

Hit-The-Spot Sandwich Fillers

All of these can be used in sandwiches, wraps or pittas - variety is great for keeping lunches interesting!



Salmon and Cucumber Wrap

Mash tinned salmon and mix with diced cucumber and soft cheese - add to a wrap with salad leaves.



Hummus, Grated Carrot and Sultanas

Beef and Homemade Slaw Sandwich
For the slaw: Mix grated carrot, shredded cabbage and diced red onion with plain yoghurt, mayo and a splash of lemon juice.



Ham Salad Pitta Pocket



Cheese and Grape Wrap
Mix sliced grapes and sliced or grated cheese with salad of your choice!

Tummy-Filling Lunch Pots

Prep these in advance, make extra portions and use for 2-3 days!

Pasta Pots

Cooked pasta (about a handful) mixed up with chopped pepper/cucumber/tomatoes/sweetcorn. Add small chunks of cheese, sliced ham or tuna. Either drizzle with olive oil or add a teaspoon of mayonnaise.



Mediterranean Cous Cous

Cook cous cous with vegetable stock, and mix with chopped tomatoes, lettuce, cucumber and feta cheese. Drizzle with a dressing of 2tbsp olive oil mixed with a splash of lemon juice. You could also add other veggies of your choice.



Remember, your child's taste will change as they get older.

Try adding other ingredients like avocado, olives, red onion and sundried tomatoes to increase the variety of nutrients they are eating.

Level-Up Leftovers

Here are some ideas for you to transform your evening leftovers into lunches...



New potatoes - try adding boiled eggs or tinned tuna, with chopped salad or mixed veg

Pasta - pack it up as it is if already cooked with veggies and protein, or mix in some chopped salad, tinned chickpeas and grated cheese if plain



Save Money, Save Waste!

Using leftovers for lunchboxes is a great way to save money and food waste - don't throw them away!



Sausages - sausage, tomato and lettuce (SLT) sarnies! Try chicken sausages for a lower-fat substitute.

Get Snack Smart!

Lots of children's snacks can be packed with hidden sugar and salt, even if they claim to be good for us. Check out our traffic light guide to find out more...



Cake slice - high sugar, high fat

Breadsticks - low sugar, medium salt



Malt loaf slice - medium sugar, high in fibre



Berries and natural yoghurt - low sugar



Dried fruit - high sugar, high fibre



Get Snack Smart!



Banana - medium sugar, high fibre

Crisps - high fat, high salt



Veg sticks (with hummus) - low sugar, high fibre



Cheese cubes - low sugar, medium salt



Chocolate - high fat, high sugar

Save Money, Save Waste!

Preparing snacks at home can be much cheaper than pre-packaged snacks and saves plastic waste!

Our Lunchbox Template

1



Have one main item each day - use our sandwich fillers or lunch pots for ideas.

Aim to fill this with some **protein** (like chicken, tuna, ham, or eggs) and at least one **veggie** (like salad leaves, tomato, cucumber or sweetcorn)

2



Add 2-3 snacks to help fill them up and add more nutrients to their day.

Use our traffic light snack guide to help you choose healthier snacks for your child - choose **green or amber snacks** as much as possible, and enjoy a **red snack only once or twice a week!**

3



Aim for variety on a weekly basis

Try using 2-3 ideas per week, so that you can **use up everything** you buy.

4



Don't forget a water bottle!



Useful Websites and Apps

- Be sure to check out the **Change4Life** website for more info on staying healthy as a family: www.nhs.uk/change4life
- The Change4Life **Smart Recipes app** is a great FREE tool for finding new lunchbox ideas, plus tasty breakfast, dinner and snack ideas!
- Change4Life are also on **Facebook and Instagram** - follow their pages for regular updates and helpful tips!
- Check out our **Zing Somerset YouTube channel** for plenty of healthy recipes

For more guidance on nutrition, healthy eating and getting active (for all ages), follow Zing Somerset!

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