Many schools provide a healthy lunch but some parents may wish to provide their own packed lunches. This leaflet contains some useful and practical ideas on how to pack a healthy lunch box.
**Fruit and Vegetables**

Think small - children love snack size foods such as cherry tomatoes or grapes. Peel, slice or chop bigger fruit and vegetables such as apples, pears, melon, kiwi fruit, carrots, peppers or cucumber.

Buy boxes of raisins or dried fruit or try small cartons of fruit in natural juice.

**Drinks**

WATER IS BEST, alternatively try milk, squash, pure fruit juice or home-made fruit milk shakes.

Most packaged drinks are high in sugar and expensive to buy.

**Extras**

Choose a different ‘extra’ every day to add variety. These could include yoghurt, currant buns, scones, cereal bars, malt loaf, scotch pancakes, bread sticks, cheese chunks or cheesy biscuits, fig rolls, sugar free jelly, carton of low fat custard or rice pudding.

**Salads**

E.g. pasta, rice or couscous

**Sandwiches**

E.g. tuna, chicken or cheese

**Alternatives**

E.g. cold pizza, hot dog sausages or chicken pieces.

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**The Balanced Lunch Sum...**

1 x fruit & veg
1 x meat, fish or other protein
1 x starchy food
+ 1 x milk, yoghurt or cheese

= HEALTHY, HAPPY CHILDREN!
Food Safety

Always wash hands before preparing food and eating it.

Check **Use By** and **Best Before** dates.

Wash salad and fruit.

Avoid using food containing raw or undercooked eggs.

Wrap food well.

Use plastic bottles and jars.

Food should not be out of a fridge for more than four hours without being eaten.

Ideally lunch boxes should be kept in a fridge. Most schools cannot provide this service therefore it is important to keep your lunch box as cool as possible.

Try using an insulated lunch box or small ice pack.

If you don’t have an ice pack, try freezing the sandwich or drink. This will defrost slowly throughout the morning.