

We can easily get stuck giving the same old packed lunch consisting of a sandwich, crisps and a treat bar. We know a nutritionally balanced meal in the day to help their concentration and alertness. Research shows that only 1.6% of primary school packed lunches are nutritionally healthy.

With obesity levels increasing we need to encourage families to take a whole school approach to encourage our children to eat healthily. A nutritionally packed lunch can do this



TOP TIPS

- * Try getting your child involved in the food shopping and lunch preparation
- * This will teach them about healthy eating and will make them more likely to eat what they take to school
- * Invest in a lunchbox with compartments as children love picky bits
- * Give them water or weak cordial to drink
- * Use our lunch box jokes to make things fun and interesting
- * See our recipe cards for ideas and inspiration.

Some schools are not free due to children with allergies please check with school first



PUBLIC HEALTH 5-19 SERVICE

PACKED LUNCH IDEAS

- See our recipe cards for ideas and inspiration

- *Pasta salad
- *Chicken nougets
- *Hard boiled eggs
- *Wraps
- *Rolled sandwiches
- *Pitta bread
- *Chicken strips
- *Chicken drumstick
- *Cheese
- *Cocktail sausages
- *Mini scotch eggs
- *Hot dog
- *Rice salad
- *Potato salad
- *Pate
- *Pancakes
- *Quiche
- *Frittata
- *Falafel
- *Huloumi
- *Pizza
- *Last nights leftovers
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- *Popcorn
- *Corn crisps
- *Dry cereal
- *Pretzels
- *Crackers
- *Rice cakes
- *Bread sticks
- *Fruit, satsumas, grapes, apples, bananas
- *Dried fruit, mango, banana
- *Yoghurt
- *Cereal bars
- *flapjack
- *Humous
- *Ketchup/tomato salsa
- *Maple syrup
- *Pesto
- *carrot sticks
- *Pepper sticks
- *Cucumber
- *Broccoli
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