

Pack Lunches/Healthy Snack

Chocolate and crisps are easy and convenient, but they're high in saturated fat and chocolate is also sugary, another concern is that food and drinks that are high in sugar are bad for your child's teeth.

When preparing your pack lunch, think about how the lunch box is going to be stored at school - it may well sit in a warm classroom or corridor for several hours. A small insulated cool bag ,with small ice pack ,will help the food stay cool and appetising .You can also freeze a carton of juice-it will keep things cool and by lunchtime it should be a refreshing cool drink.

For snacks, some examples of healthy eating alternatives are:

- Milk, water or pure unsweetened fruit juice (Vitamin C Find in fruits helps increase iron absorption in the body).
- Scone, currant bun or piece of fruit loaf.
- Yoghurt or fromage frais
- Cherry tomatoes, carrots or celery stick or cucumber pieces, and a piece of fruit are a few healthy foods to snack on in between meals.

For Lunch Boxes, alternatives to the usual cheese and Ham Sandwiches include:

- Pitta bread with tuna and salad, with a piece of fruits and a piece of fruits loaf.
- Chicken cucumber sandwiches on brown or wholemeal bread, together with a piece of fruit and a yoghurt.
- Banana rolls on brown or wholemeal bread, together with cheese biscuits and an apple.

Other Healthier pack lunch Ideas

Menu 1

Tortilla wraps with grilled chicken,lettuce and red pepper slices(with reduced calorie Mayonnaise)

Cherry Tomatoes

Banana

Fruit fromage frais

Carton of apple juice

Menu 2

Rice, bean and ham salad (Boiled rice, kidney beans, green beans and chopped ham). with a little olive oil and lemon juice.

Peach or nectarine, Slice of banana bread, bottle of water.

Reference to this page : Healthy Leaving and British Nutrition Foundation Website.