



## Healthier school packed lunch boxes

Pick a healthier packed lunch! We've got loads of tasty and easy to prepare ideas that everyone can enjoy - and they're great value too.

A Guide to Building...

# Healthy Snacks & Lunchbox

P2iP

Bring **WATER** everyday!

Putting tap water in a reusable bottle is FREE and will help keep your child hydrated all day!



<h3>Whole Grains</h3> <p>(Great for Snack or Lunch!)</p> <p>Make sandwiches with whole grain bread. Look for labels that say "100% Whole Grain"</p> 	<h3>Fruit</h3> <p>(Great for Snack or Lunch!)</p> <p>Pack fresh fruit each day for snack and lunch. These are easy, convenient ways to add fruits to your day</p> 
<h3>Snacks</h3> <p>Pack healthy snacks each day. Add a healthy sweet or savory treat. Try whole grain crackers and pretzels for savory snacks or dried fruits for sweet treats.</p> 	<h3>Veggies</h3> <p>(Great for Snack or Lunch!)</p> <p>Add veggies in your child's lunch. They add a healthy crunch instead of chips.</p> 

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## Packed lunches or school dinners?

These days, school dinners are probably healthier than most packed lunches. But if you want to make a packed lunch, then please choose healthy options. On the next page, we have given you a few ideas.

Here is a list of items which are **NOT** allowed in a packed lunch:

**Nuts – we are a nut-free school**

**Glass bottles or bowls**

**Water Only – NO fizzy or sugary drinks (including juices, sweetened or unsweetened)**

**Chocolates**

**Sweets**

**Hot food or drinks**

**Cutlery (school will provide)**

Allergy Information: If your child has any dietary requirements including food allergies and you have not informed the School, please do so urgently.

## Packed lunch ideas

Tuna and sweetcorn wholemeal roll  
Reduced-fat cheese triangle  
Satsuma  
Bottle of water

Banana sandwich with whole meal bread  
Boiled egg  
Low-fat fruit yoghurt  
Small box of raisins  
Semi-skimmed milk

Edam cheese, ham and lettuce pitta pocket  
Tomato  
Nectarine  
Olives  
Reduced-fat yoghurt drink

Cold pasta and sausage salad (with spring onion and red pepper)  
Stewed apple and blackberry with crumble top  
Reduced-fat natural yoghurt  
Bottle of water

Egg and tomato roll  
Two oatcakes and low-fat cheese  
Carrot sticks  
Dried apricots  
Semi-skimmed milk

Houmous, red pepper and grated carrot wrap  
Grapes  
Creamed rice pot  
Slices of malt loaf  
Bottle of water



Potato and sausage salad (with spring onion, low-fat plain yogurt)  
Fruit and low-fat fromage frais  
Slices of fruit bread  
Pear  
Bottle of water

Wholemeal English muffin pizza (with cheese, cherry tomatoes and spinach)  
Nectarine  
Banana and blueberry smoothie (made with semi-skimmed milk)

Corned beef sandwich on wholemeal bread  
Low-fat soft cheese with vegetable dippers (cucumber sticks, red and green pepper strips)  
Banana  
Yoghurt drink

