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HEALTHY PACKED LUNCHES FACTSHEET

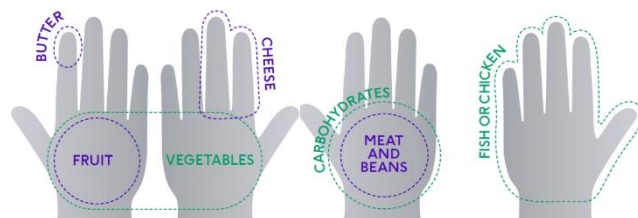
TOP TIPS FOR HEALTHY PACKED LUNCHES:

Whether squeezing it in before the morning school run or before bed on busy midweek evenings, preparing your child's lunchbox can seem like just another thing on the list.

School meals are a great choice, but if you do make a packed lunch for your child then we have some top tips for easy, healthier lunchbox ideas.

Tip 1: Remember portion size

Hold up your hand compare it to your child's, we don't all have the same sized hands so we don't all need the same sized portions. By using our hands as a guide makes sure we get the right sized portion for us.



Tip 2: Get your child involved in preparing and choosing what goes in their lunchbox. Children are more likely to eat it if they helped make it.

Tip 3: Use leftovers to make packing lunches quick and easy. There's no limit to the leftovers you can use up - from shredded roast meats, pizza, rice or a full portion of pasta bake.

Tip 4: Base the main lunchbox item on foods like bread, rice, pasta and potatoes. Keep a small selection of different types of bread in the freezer so you have a variety of options – like bagels, pittas and wraps, granary, wholemeal and multigrain. If your child does not like wholegrain, try making a sandwich from 1 slice of white bread and 1 slice of brown bread.

Tip 6: Meat, fish, dairy, beans and pulses are all good sources of protein. Try to always include something from this food group or made from this food group e.g. Houmous. They keep your child healthy and well and also repair body tissues such as cuts and scrapes. It will also keep them fuller for longer.

Tip 6: Chopped apple, peeled satsuma, strawberries, blueberries, melon slices. Add a squeeze of lemon juice to stop it from going brown. A small pot of tinned fruit in juice – not syrup – is perfect for a lunchbox and easily stored in the cupboard. They provide fibre for healthy digestion and vitamins and minerals essential for their immune system.

Tip 7: Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A Day. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables. Always add salad to sandwiches and wraps too. Vegetables are essential for supplying key micronutrients and fibre.

Tip 8: Milk, fortified dairy alternatives, cheese and yoghurts are also foods that add additional protein, they boost your child's energy intake. They're really important for healthy bones and teeth but also help your child's muscles to move.

Tip 9: Water, low fat milks, low sugar or sugar-free drinks count towards your fluid consumption. Flavour water with fresh slices of apple or cucumber try to avoid citrus fruits. You can also use a frozen water bottle to keep food cool and as a refreshing drink later in the day!

VISIT THESE USEFUL WEBSITES

Children's Health Services 0 -19 - Healthy Lifestyles

NHS - Healthy Weight Children Advice for Parents

NHS - Healthier Families

NHS - Sugar: the facts

If you would like any help or support to improve with your child please book an appointment in our E-School Nurse video clinic.

Telephone: 0300 304 9039

Visit our website: [Growing Healthy 0-19 Westmorland & Furness](#)

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You can also find more information about our service, your child's development and local services by downloading our App.



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