

# HEALTHY PACKED LUNCHES



**Top tips guide to healthy  
and tasty lunchboxes!**



**Knowsley Council**



# LUNCH PLANNER

## An example week of healthy lunches



Monday	Tuesday	Wednesday	Thursday	Friday
Egg mayonnaise sandwich cucumber sticks & dip Kiwi Cheese Rice cakes	Ham salad wrap Cheese & crackers Blueberries Yoghurt	Cheese, cucumber & coleslaw roll Carrot sticks & humous Orange Malt loaf	Cheese & tomato wrap Pepper sticks & hummus Strawberries Yoghurt	Tuna & cucumber roll carrot sticks Humous Cheese Apple slices Popcorn



Packed lunch drinks should be milk & water. These are the best drinks to keep teeth healthy.  
Check out the [NHS Healthier Families](#) website for more ideas!

# HEALTHY ALTERNATIVES



Our healthy alternatives gives a range of options you can swap in your lunchbox or lunchtimes at home.



## Vegetables

Sweetcorn  
Tomatoes  
Cucumber  
Lettuce  
Spinach  
Peppers  
Peas  
Onions  
Olives  
Sweet potato  
Beetroot  
Carrots  
Celery



## Proteins

Boiled eggs  
Ham  
Chicken  
Bacon (remove fat)  
Chickpeas  
Tofu  
Mixed beans  
Tinned fish  
Sausages  
Lentils  
Quorn



## Fruits

Dried fruit such as apricots  
and raisins  
Tinned fruit in juice  
not syrups  
Kiwi  
Blueberries  
Melon  
Peaches or nectarines  
Grapes

## Gluten free

Rice noodles  
Gluten free pasta  
Potatoes  
Gluten free bread/rolls  
Rice or quinoa  
Rice cakes

## Sauces & flavours

Mayonnaise  
Fresh/dried herbs  
Plain yoghurt  
Pesto  
Salad dressing such as  
Caesar/French  
Olive oil  
Salad cream

## Dairy free

Dairy free milks such as soya or  
oat (ensure they are fortified with  
vitamin D and calcium)  
Dairy free cheese & spreads  
Coconut or almond based  
yoghurts

# PORTION SIZES

When preparing your child's lunchbox try and provide the following portions of food groups. Use the hand guide to roughly workout how big a portion is.



At least two portions of fruit and vegetables



One portion of protein foods – such as beans, fish, eggs, meat and meat alternatives such as Quorn or soya products



One portion of starchy foods – such as bread, rice, potatoes, wraps, pitta, couscous, chapatti and pasta

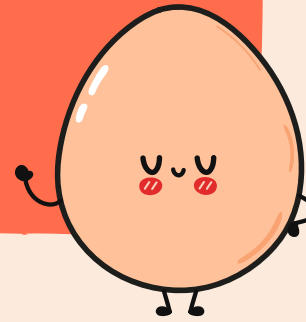


One portion of dairy foods – such as yoghurt, cheese or a dairy free alternative



The Eatwell Guide also helps to show us how much of what we eat overall should come from each food group to achieve a healthy balanced diet. The guide is suitable to follow from ages 2 upwards. [The Eatwell Guide - NHS](#)

# LUNCHBOX TOP TIPS



**Keep it Cool:** Add an ice pack or freeze a drink or yoghurt to keep the lunch cool.



**Involve Your Child:** Let your child choose and help prepare their lunch to increase their likelihood of eating it.



**Stay Hydrated:** Pack water or milk instead of sugary drinks or juice to keep your child hydrated.



**Use Leftovers:** Don't always make something new; incorporate suitable leftovers into your child's lunch.



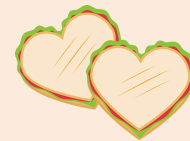
**Likes and dislikes:** It is helpful if children have tried and liked the food at home before it is put into their lunchbox. This will make sure their tummies are full for the rest of the school day, but also that food waste is reduced.



**DIY Lunches:** Pack separate components for wraps, pitta bread, or bento-style boxes, allowing your child to assemble their own lunch.



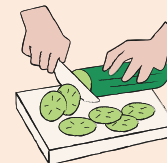
**Offer Dips:** Provide hummus or cream cheese for dipping vegetables or wholemeal cracker



**Get Creative with Shapes:** Use cookie cutters to make sandwiches into fun shapes like stars or hearts.



**School lunchbox policy:** Schools may have a lunchbox policy where some items are not allowed to be taken into school. It is a good idea to check if your child's school has a lunchbox policy and if so, to make sure your child's lunch follows their guidelines.



**Prep Ahead:** Chop vegetables and fruits the night before or on a Sunday to make assembly quicker during the week.

# YOUR LUNCHBOX PLANNER

Plan your week ahead with the lunchbox planner!

Before writing your shopping list check your cupboards first to see which ingredient you already have.



Monday	Tuesday	Wednesday	Thursday	Friday

Remember to keep your lunchboxes tooth friendly by reducing high sugar foods.

