



Healthy Lunchboxes

Many parents choose to send their children to school with a lunchbox but run out of ideas to maintain their child's interest. Try one of the options below for a tasty lunch box designed to make your child function optimally during those afternoon lessons:

Sample lunchbox 1:

- Small pot of hummus
- Vegetable dippers (chopped raw vegetables like carrot, cucumber, peppers, cherry tomatoes, baby corn, celery, broccoli, radishes)
- Sachet of oat cakes which can be dipped or spread with hummus
- Fruit (try containers of berries or cubes of melon, plums or apricots)
- Water or diluted fruit juice

Sample lunchbox 2:

- Wholemeal pitta pocket with sliced chicken or turkey crammed with strips of lettuce and cucumber
- Fruitus bar by Lyme Regis Foods. This bar has no added sugar and provides slow sustaining energy from oats
- A packet of Clearspring toasted pumpkin seeds
- Water or fruit smoothie

Sample lunchbox 3:

- Wholegrain bagel filled with salmon & beetroot pate (blend 1 small can of salmon with a little natural yogurt and a slice of beetroot) serve with grated carrots & fresh watercress
- Small pot of fruit yoghurt served with 2 Nairn's sweet oatcakes (e.g. mixed berry)
- A packet of Nairn's Oatbakes
- Water or diluted fruit juice



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Sample lunchbox 4:

- Rice & mixed bean salad - mix cooked rice (try brown basmati) with a selection of beans such as kidney/borlotti/cannellini beans and chopped red onion and fresh peppers, season to taste with a flaxseed vinaigrette
- Fresh fruit medley (include pear / apple / peach and cherries)
- Small pot of Fromage Frais
- Water or fruit smoothie

Top Tips for Scrumptious Sandwiches

- Use wholegrain / wholemeal / seeded bread or "All in One" versions with added wheatgerm and fibre
- Add salad (such as strips of iceberg lettuce, watercress, spinach, cucumber, spring onion, tomatoes, cress). If your child dislikes salad in their sandwich try chopping up some raw vegetable sticks for them to pick up - like cucumber, carrot, celery, red pepper or cherry tomatoes
- Include some lean protein in the filling (the healthiest sources of protein include chicken or turkey slices, tuna, canned salmon or mackerel, smoked salmon or mackerel, hard boiled egg, hummus, nut butter, cottage cheese, cream cheese or guacamole).

Remember:

- Ensure a balanced meal by serving protein such as fish, lean meat or vegetarian sources such as pulses with carbohydrate such as wholegrains, fruit or vegetables. This helps to balance blood sugar, sustain energy levels, mood and concentration.
- We learn by example so make sure your children see you enjoying fresh whole foods including fruits and vegetables on a regular basis.
- Involve your children in meal choice and preparation. This increases their familiarity with healthy food choices and good hygiene practices. It also means they are more likely to finish what's on their plate.
- When you are out shopping, set younger children a mission to find fruits and vegetables that match the different colours of the rainbow. This way you'll be increasing the variety of the foods they eat, maximising their intake of antioxidant nutrients which helps support their immune system.

Ideas courtesy of Food for the Brain



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