

## How to fuel healthy young bodies – the lunchbox dilemma!



### Top tips;

- 1) Use leftovers whenever possible eg. roasted veg, rice dishes.
- 2) Pack meals with as many veggies as you can, use lots of colourful veggies (pre-roasted vegetables are so helpful as well as chopped raw veg
- 3) Avoid thick slices of bread with a thin piece of ham in the middle or JAM! Kids need protein, so boiled eggs, chicken, beans, cheese, fish are all good
- 4) Include raw veggies and a dip such as hummus, guacamole or baba ganoush
- 5) Create open sandwiches with different wholegrain breads such as rye bread
- 6) Avoid giving high sugar frubes and yoghurts, choose plain natural yoghurt instead. They can pop fresh fruit in with it such as blueberries, grapes or banana for fruity flavour
- 7) Homemade soups are great in a flask, chunky veg and bean, lentil, pea and ham
- 8) Home-made frittata with veggies are delicious eaten cold
- 9) Home-made turkey burgers are easy for kids to pick up and eat or chicken skewers
- 10) Give popcorn as a treat rather than crisps
- 11) Give homemade muffins such as spelt, carrot and pineapple no sugar treats



Check list;

Choose wholegrain pitta, crackers and wraps rather than sandwiches every day

Include good protein source in every lunchbox

Include fresh raw veggies; tomatoes, peppers, celery cucumber, cauliflower, fennel, lettuce, radishes

Include fresh fruit or fruit medley

Give only a very small amount of dried fruit (1dsp), fresh is more preferable

Wherever possible give leftovers such as stir fries, shepherds pie, omelettes, pasta and veggie dishes, rice or noodle dishes (buy a container that retains the heat) See below Steel heated lunchbox container



