

# Healthy Lunchboxes

The NHS recommend that lunchboxes contain one item from each of the main food groups in order to achieve a healthy and balanced meal. Below are a few ideas to help you get started. Please remember we are a nut free school.



## Carbohydrate

It is a good idea to have a starchy base from which to build the lunchbox. This comes from foods such as bread, potatoes, pasta or rice which help to provide energy. Where possible it is best to use wholemeal options.

## Protein

To fill wraps or sandwiches use lean meats such as cooked chicken, turkey, or fish such as tuna or salmon. Eggs are a good source of protein and could be boiled, cooked in frittatas, omelettes or egg muffins. You could also include plant based options such as bean salads or falafel.



## Dairy

Cheese cubes or yoghurt are both calcium rich options that make ideal additions to any lunchbox.



## Vegetables

Try to always include vegetables such as peppers, carrots, cucumber or sugar snap peas. Adding hummus or guacamole, or another similar dip, could also be added. Adding items such as lettuce, sweetcorn or avocado to sandwich fillings can help increase veg intake.



## Fruit

Offer a portion of fruit. You could also include canned fruits provided they come in natural juices.

