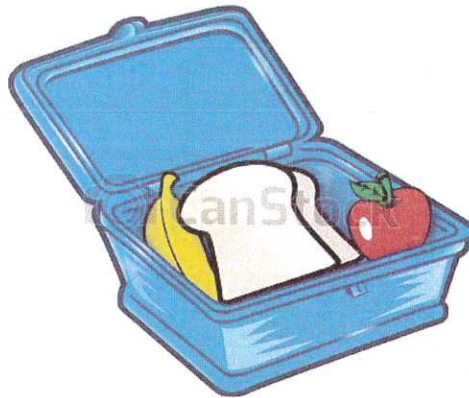


Building a Balanced Packed Lunch



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Offer your child a balanced lunch using the following tips from our Company Nutritionist:

- **Packed Lunch Box/Bag**

A packed lunch box/bag should be air tight, to avoid any spillages or food getting spoiled. It should also be big enough to provide the child with the right amount of food and have space for an ice block to keep the lunch cool, especially important in warmer weather, but recommended all year round.

- **Carbohydrates (gives us energy and fibre)**

Aim for 1 of the following:

- Eg. 2 pieces of bread, 1 regular sized bagel, 1 large or 2 small pita, 1 large or 2 small wraps, 1 serving of pasta/ cous cous/ rice

- **Protein (essential for growth and maintaining healthy cells, skin, hair and muscles)**

Aim for 1 serving of the following (or any you have at home):

- Eg. 1 of the following: 1 slice of ham/turkey/leftover roast meat such as chicken, 1 boiled egg, 1 serving of hummus, lentils or beans



Top Tips

- *Before you pack your child's lunch, have a chat with them about what foods they like, so they feel involved in their lunch-making; you can pack foods you know they will eat; as well as offering foods they may not have tried yet.*
- *Don't worry if they do not eat certain fruits or vegetables in their lunch, as every time they are offered the food in a relaxed environment, they are a step closer to trying it! To cut down on food waste, each time you offer a 'new' fruit or vegetable, include foods you know they like as well, so they don't feel overwhelmed by new foods.*
- *Think 'eat the rainbow' when packing a lunch to include various fruits and vegetables which gives your child different vitamins and minerals with each different coloured food. Eg. Red cherry tomatoes, yellow bell pepper and orange carrot.*
- *A time saving technique is to pack the next day's lunch while making dinner the night before – if you are cooking carrots, cut up an extra bit of carrot for the packed lunch or use a bit of the chicken for a chicken sandwich...try and save time this way, any way you can and it saves time the next day.*
- *Cereal bars and fruit pots aimed at children's packed lunches often work out more expensive than homemade flapjacks or cut up pieces of fruit, as well as shop-bought cereal bars/cakes usually contain high levels of sugar and/or salt, which can have a negative effect on children's dental health.*
- *Get your child to help you pack their lunch as this will teach them how to put a healthy meal together – set them the task of coming up with 2 vegetables/salad items, 2 fruits, a protein, a dairy/dairy free and a carbohydrate item.*
- *Aim to offer different fruits and vegetables, carbohydrates and protein every few days to increase the different nutrients your child has. This also keeps lunch interesting!*