



Llywodraeth Cynulliad Cymru
Welsh Assembly Government

A healthy lunchbox has a variety of foods from these food groups

Fruit and vegetables

1 portion of fruit and 1 portion of vegetables.

Try:

Cherry tomatoes, raw vegetable sticks, fruit salad, raisins, an apple, an orange, a banana or a bunch of grapes.

Dairy foods

1 portion daily of a food rich in calcium is essential for children's growing bones.

Try:

Yoghurt, fromage frais, cheese, milk, rice pudding, custard.

Always include foods like bread, rolls, bagels, wraps, rice, pasta or potato.

Protein

A portion of a food rich in protein either on its own or as a sandwich filler.

Try:

Chicken, lean meat, tuna or other fish, peanut butter, eggs or houmous.

Thirsty?

Remember always include a drink. Water, milk, pure fruit juice and fruit smoothies are good choices. It is important your child has plenty of water to drink.

Keep it cool!

Lunchboxes should be kept cool – use a freeze block or similar. If sandwiches are prepared the previous evening, always store them in a fridge.

Menu ideas for one week

Monday

Chicken and lettuce or cheese and tomato sandwich on granary bread
Cherry tomatoes
Low sugar jelly with added fruit
Chocolate or strawberry low fat/low sugar milk shake

Tuesday

Vegetable sticks – carrot, pepper, cucumber
Slice of pizza
Yoghurt
Scone or hot cross bun
Water

Wednesday

Pasta salad with sweet corn and peas
Slice of cold meat or cheese
Slice of fruit loaf
Banana or apple
Carton of unsweetened orange juice

Thursday

Houmous, (or ham) lettuce and tomato wrap
Small packet of low fat crisps
Fromage frais
Slice of melon or a tangerine
Carton of unsweetened apple juice

Friday

Wholemeal bread roll filled with tinned salmon or tuna with cucumber and mayonnaise
Small bunch of red or green grapes
Pot of rice pudding
Water

Tips

- Make lunchboxes fun! Pack foods attractively; cut foods into shapes; use a variety of containers. This is an opportunity to re-cycle packaging e.g. use clean, empty containers.
- Involve your child in planning his/her lunchbox. Encourage him/her to try new foods. Variety is the key to a healthier lunchbox. Give praise, reward stickers etc if they eat the new food.
- Vary the sandwiches by using different types of bread. Rolls, granary bread, wholemeal bread, bagels, pitta bread and soft grain bread are healthy choices.
- Try alternatives to sandwiches. Rice salad, pasta salad, pizza, quiche or noodles are tasty options.
- Alternatives to sugary foods and crisps could be a slice of fruit loaf, pack of nuts and raisins (check allergies) hot cross buns, pot of rice pudding, tub of fruit jelly (low sugar).
- If you include crisps only do so occasionally and choose a small pack of a low fat variety.
- If you have pasta for supper, set some aside to use in the next day's lunchbox.

