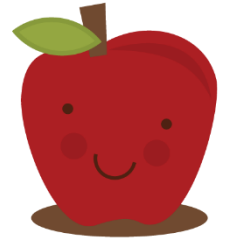




# Healthy Lunch Boxes



“School meals are a great choice, but if you do make a packed lunch for your child then we've got you covered with our range of quick, easy, healthier lunchbox ideas. “

There are lots of ideas on the ‘Change 4 Life’ website.

[Lunchbox Ideas](#) | [Recipes](#) | [Change4Life \(www.nhs.uk\)](#)

When packing lunch boxes, try and include foods from each food group. Think about including some carbohydrates, proteins, dairy, fruits and vegetables.

We have noticed quite a lot of food is being placed in some children’s lunch boxes. Children sometimes feel overwhelmed with the amount of food presented to them.

Lunch boxes at Rakegate should include a sandwich, wrap, pasta or similar, a piece of fruit, a yoghurt, a jelly, or vegetable sticks and **one** treat item. This could include a packet of crisps, a cake bar or a small packet of biscuits (no chocolate bars please). Chocolate biscuit bars e.g. penguin/Kit Kats would be acceptable.

Here are some suggestions:



Whole fruit, chopped fruit or vegetable sticks are a great addition!



Try swapping some sweet treat options for malt loaf bars, fruit bread, rice cakes or popcorn!

