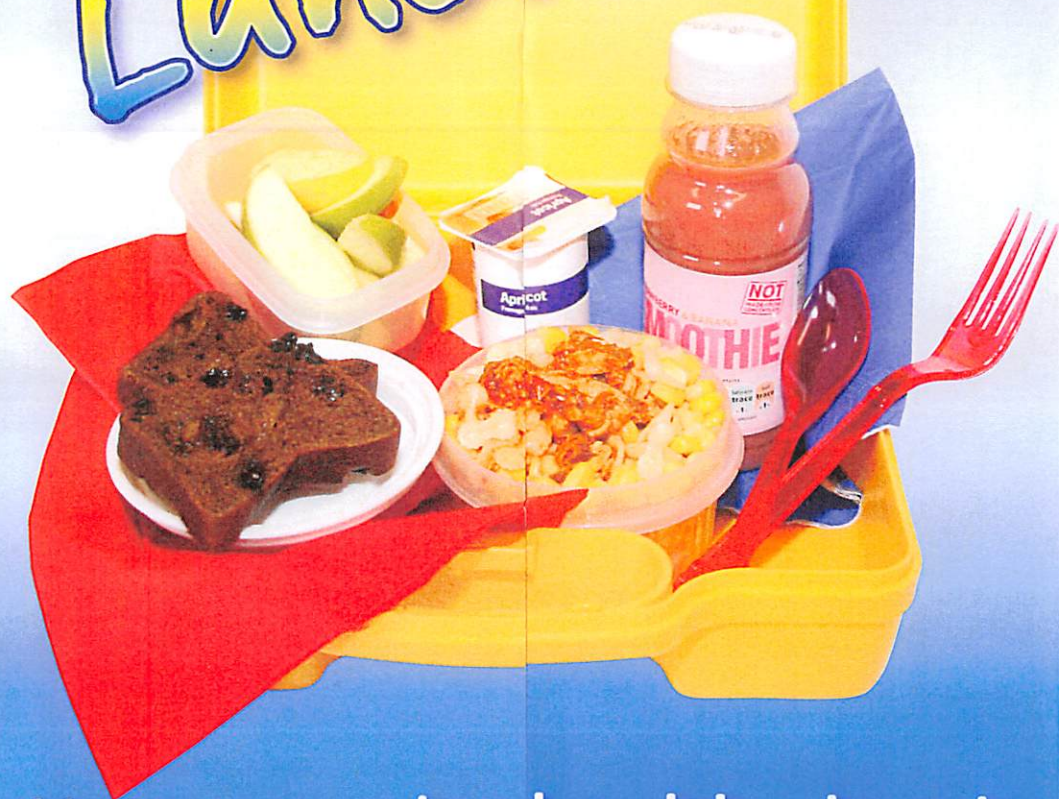


What's in your

Lunchbox?



How to pack a healthy lunch

## Today's Fillings ... choose from:

Ham, Cheese,  
Lettuce & Tomato

Salmon & Cucumber  
Avocado & Prawn

Chicken, Sweetcorn  
& Lettuce

Egg & Cress

Tuna, Sweetcorn  
& Spinach

Cream Cheese,  
Tomato & Cucumber

Banana

Tomato, Humous  
& Spinach

... on granary or wholemeal



Keep your

# Lunchbox

clean and safe

- Pack your food in a clean lunchbox or cool bag.
- Keep your lunchbox cool - don't leave in sunlight or by a radiator.
- A frozen carton of juice or ice pack will keep the food cool.
- Store your lunch in the 'fridge if preparing it the evening before.
- Always wash your hands before touching food.
- Wash fruit and vegetables thoroughly before packing into your lunchbox.
- Pack chopped fruit and vegetables in a separate box or bag.
- Wrap sandwiches and rolls in tin foil, food wrap or plastic bags.



Change4Life: [www.nhs.uk/change4life](http://www.nhs.uk/change4life)  
NHS Choices: [www.nhs.uk/livewell](http://www.nhs.uk/livewell)

# Choose foods from each group to pack in your **Lunchbox**

## Keep you healthy

At least 2 portions

Salad  
 Fresh fruit • Dried fruit  
 Vegetable sticks -  
 carrots, cucumber,  
 celery, peppers  
 Cherry tomatoes  
 Fruit salad • Frozen fruit  
 Tinned fruit in natural juice



## Help you grow

1 small portion

Cold cooked  
 meat or poultry  
 Tinned fish  
 Hard boiled eggs  
 Humous • Fish pâté  
 Lentil pâté • Lentils  
 Chickpeas • Beans



## Look after your teeth and bones

1 small portion

Grated cheese  
 or cheese spread  
 Low calorie  
 yoghurt  
 Low calorie  
 custard  
 Low calorie  
 rice pudding



## Fill you up

1 big portion

Bread • Rolls  
 Pitta • Pasta  
 Potato  
 Cous cous • Rice  
 Wraps



## Quench your thirst

1 drink

Water  
 Skimmed or  
 Semi-skimmed milk  
 Pure fruit juice  
 Fruit smoothie



*A healthy diet consists of a balance of foods that provide all our nutritional needs, so what's in your Lunchbox is important.*

*Occasionally,  
 you could  
 add...*

- A scone
- A crumpet
- A fruit bun
- Thin slices of fruit loaf
- Homemade plain popcorn