

# Lunchbox Ideas

Here are some simple, fast and scrumptious ideas to bring new life to the lunchbox

## **Healthy and happy**

According to NHS choices a balanced lunchbox should contain:

\*Starchy foods like bread, rice, potatoes or pasta

\*Protein foods like meat, fish, eggs or beans

\*Dairy item, like cheese or yogurt

Include only water, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks

## **Crisp and chocolate swaps**

Cutting out foods that are high in salt and sugar is a huge step to creating a healthy lunch for your child. Simply swapping crisps, sweet biscuits and chocolate bars for foods like dried fruit, chunks of cheese or a low-sugar yogurt is a huge step forward.

## **Shopping List**

Tesco	<a href="https://www.tesco.com/groceries/en-GB/zone/lunchbox">https://www.tesco.com/groceries/en-GB/zone/lunchbox</a>
Sainsbury's	<a href="https://www.sainsburys.co.uk/shop/gb/groceries/get-ideas/features/our-brand-features/pc09-lunchbox-essentials">https://www.sainsburys.co.uk/shop/gb/groceries/get-ideas/features/our-brand-features/pc09-lunchbox-essentials</a>
Asda	<a href="https://groceries.asda.com/aisle/sandwiches-snacks-drinks/snacking-lunch-">https://groceries.asda.com/aisle/sandwiches-snacks-drinks/snacking-lunch-</a>

## **Smarter Snacks**

\*Whole or sliced fruit

\*Vegetable sticks, e.g. celery, carrot, pepper, cucumber - some vegetables are naturally baton shaped which can save you time preparing, for example, sugar snap peas and baby corn

\*Bag of plain popcorn

\*Bread sticks

\*Rice or corn cakes

\*Fruit jelly

\*Plain, fruit or cheese scones

\*Rice pudding

## **Websites for lunchbox ideas**

<https://www.bbcgoodfood.com/recipes/collection/lunchbox>

<https://www.netmums.com/back-to-school/lunchbox-ideas>

<https://realfood.tesco.com/recipes/collections/kids-lunchbox-recipes.html>