

# Pack-up ideas

If your child does not want to order one of our school lunches here are some healthy choices. Get your children involved in preparing and choosing what goes into their pack up. They are more likely to eat it if they helped make it.

<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

Base the main lunchbox item on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.

Keep a small selection of different types of bread in the freezer so you can have a variety of options such as bagels, pittas, wraps, granary, wholegrain and multigrain.

Pick low fat fillings such as chicken, turkey, tuna or salmon, low fat spreads, reduced-fat cream cheese or hard cheeses.

Cheese can be high in fat and so salt so choose stronger tasting ones and use less of it – or try reduced fat varieties.

Wraps and pots of fillings are exciting to children. Dipping food is also a fun way of eating and a change from a sandwich every day.

Malt loaf, fruit teacakes, fruit breads or fruit are all great alternatives for sweets.

Dried fruit such as raisins, sultanas and dried apricots are not only cheaper than processed fruit bars but can also be healthier too. Dried fruit can be bad for tea so keep them to meal times.

Cherry tomatoes, celery, cucumber and carrot sticks and peppers all count towards their 5 a day. Adding a small pot of reduced fat hummus or dip may help encourage children to eat vegetables.

You can add to your child's 5 a day intake by adding salad to their sandwich.

Low fat and low sugar yoghurts and fromage-frais are great with pre-cut fruit.

Reduce the frequency of crisps in pack-ups by swapping crisps for plain popcorn or rice cakes.

Try chopped apple, peeled satsumas, strawberries, blueberries. Halved grapes or melon slices to make fruit easier to eat. Add a squeeze of lemon juice to keep the colour. A small pot of fruit in juice is perfect for pack ups.

