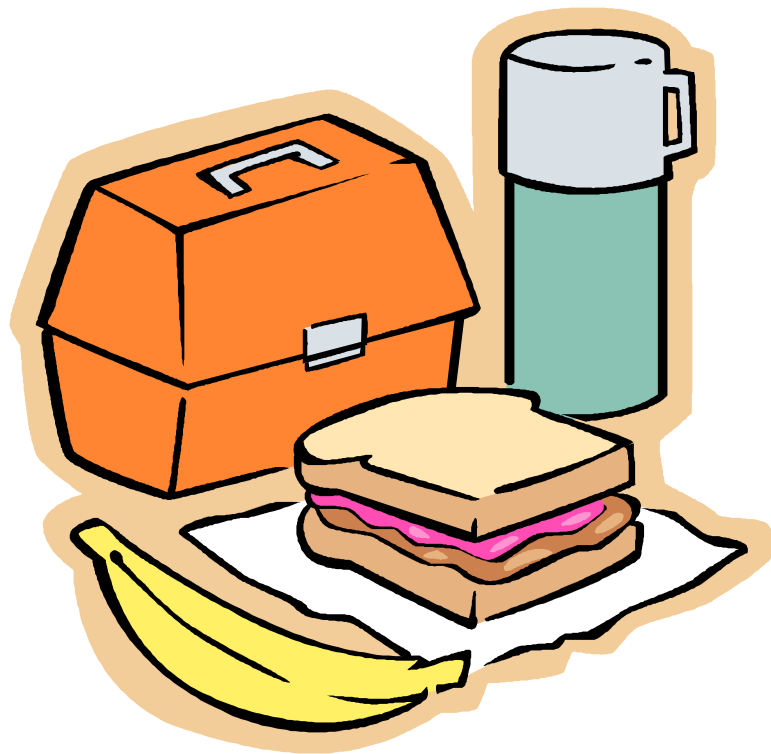


# Healthy Lunchboxes



## Packed Lunches

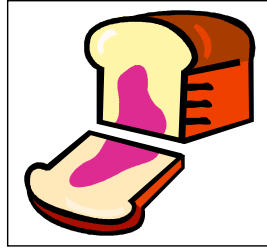
Many parents choose to send their children to school with a lunchbox but run out of ideas to maintain their child's interest.

Remember that the food in their lunchboxes should be enjoyable, while providing enough energy to keep children going for several hours of work and play.

- Ensure a balanced meal by serving protein such as fish, lean meat or vegetarian sources such as pulses with carbohydrate such as wholegrains, fruit or vegetables. This helps to balance blood sugar, sustain energy levels, mood and concentration.
- We learn by example so make sure your children see you enjoying fresh whole foods including fruits and vegetables on a regular basis.
- Involve your children in choice and preparation, this increases their familiarity with healthy food choices and good hygiene practices. It also means they are more likely to finish what's in their box.
- When you are out shopping set younger children a mission to find fruits and vegetables that match the different colours of the rainbow. This way you'll be increasing the variety of the foods they eat maximising their intake of antioxidant nutrients which helps support their immune system.

## Types of bread

French sticks  
Ciabatta  
Walnut bread  
Raisin or fruit breads  
Seeded breads  
Cheese and herb breads  
Small rolls  
English muffins  
Bagels  
Mini pittas  
Tortilla Wraps  
Chapattis  
Naan bread  
Crackers / Crispbreads

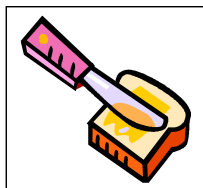


## Top Tips for Scrumptious Sandwiches

- Use wholegrain / wholemeal / seeded bread or "All in One" versions with added wheatgerm and fibre

- Add salad (such as strips of iceberg lettuce, watercress, spinach, cucumber, spring onion, tomatoes, cress). If your child dislikes salad in their sandwich try chopping up some raw vegetable sticks for them to pick up - like cucumber, carrot, celery, red pepper or cherry tomatoes

- Include some lean protein in the filling (the healthiest sources of protein include chicken or turkey slices, tuna, canned salmon or mackerel, smoked salmon or mackerel, hard boiled egg, hummus, nut butter, cottage cheese, cream cheese or guacamole).



## Sandwich fillings

### Meat fillings:

Cold chicken / turkey, ham, bacon - slice of chosen meat on bread.

Corned beef and pickle - spread pickle on one slice of bread, add corned beef.

Cold meat and salad - put slice of chosen meat on bread, add salad.

Ham and tomato - Lay 3 / 4 thin slices of tomato over a slice of lean ham.

Turkey slices with cranberry sauce - Chop one or two slices of roast turkey with a teaspoon of cranberry sauce.

Avocado and chicken - Mash half an avocado with one teaspoon of lemon juice (to stop discolouration). Chop two slices of roast chicken and mix with the avocado.

### Cheese fillings:

Grated cheese and pickle - spread pickle on one slice of bread, add grated cheese.

Marmite and cheese - Spread one slice of bread with Marmite and cover with grated / sliced cheese.

Cheese and salad - Slice cheese and add salad.

Soft cheese and salad - Spread soft cheese onto one slices of bread add salad.

Soft cheese with tuna and lettuce - Mix one tablespoon of soft cheese with an equal amount of tuna. Add shredded lettuce.

Mozzarella and tomato - Lay thin slices of mozzarella on one side of the bread and cover with thin tomato slices.

Cottage cheese and fruit - Mix cottage cheese with extra raisins, chopped dried apricots or dried mango.

Cottage cheese and chives - Mix cottage cheese with chives or other salad vegetables.

### **Egg fillings:**

Hardboiled egg mixed with mayonnaise and cress - Mash one hard boiled egg roughly with 2 teaspoons of mayonnaise. Stir in a little cress.

Spicy egg - Mash one hard boiled egg roughly, mix with 1 teaspoon of salad cream and curry powder, to taste.

Tomato eggs - Mash one hard boiled egg roughly, mix with 1 teaspoon of tomato ketchup or slice and add salad and / or tomato.

### **Fish fillings:**

Salmon and cucumber - Roughly mash one tablespoon of tinned salmon and lay on top of thinly sliced cucumber.

Sardines / pilchards - mash sardines / pilchards, add pepper and lemon juice.

Tuna / mackerel and tomatoes - mash tuna or mackerel with 1 teaspoon of tomato ketchup and chopped tomatoes.

### **Alternative fillings:**

Peanut butter with cucumber - Spread each slice of bread with peanut butter instead of your usual spread, then lay several cucumber slices on top.

Banana and honey - Roughly mash half a banana with one teaspoon of lemon juice (to stop discolouration) and half a teaspoon of honey.

## **Alternative to Sandwiches**

Hot soup - A small flask of hot soup can be especially warming in the cold winter months.

### **Savoury nibbles:**

- Slice of pizza
- Quiche / savoury flan
- Chicken drumsticks
- Cold sausages / grilled bacon
- Crackers with chopped up toppings
- Scotch eggs
- Cheese triangles
- Carrot / celery / cucumber sticks with a dip
- Plain popcorn
- Hard boiled egg
- Breadsticks

### **Salads:**

- Boiled or savoury rice (cold) + with pineapple chunks, sultanas, peppers, peas, etc
- Tinned tuna + vinegar / lemon juice, and chick peas
- Shredded cabbage and carrot + orange segments and beetroot.
- Cold sweetcorn, diced cucumber. Tomato and sesame seeds.
- Cold pasta shapes + tomatoes, diced peppers and sweetcorn.
- Cold cous cous + tomatoes, diced peppers and sweetcorn.
- Diced cold potatoes + chives and low fat mayonnaise.
- Chopped celery, apples and walnuts.

## Delicious Desserts

Fresh fruit

Fruit salad - fresh or tinned in natural juices

Yoghurts

Fromage frais

Cold custard style dessert

Cold, rice pudding style dessert

Mousse or instant whip

Jelly and/or fruit

Currant bun

Raisin or blueberry muffin

Fruit cake

Malt loaf

Fruit scone

Crunchy cereal bar

Oaty flapjack

Plain biscuit or fruit cookie

## Sample Lunchboxes

Try one of the options below for a tasty lunch box designed to make your child function optimally during those afternoon lessons:

### **Sample lunchbox 1:**

- Small pot of hummus
- Vegetable dippers (chopped raw vegetables like carrot, cucumber, peppers, cherry tomatoes, baby corn, celery, broccoli, radishes)
- Sachet of oat cakes which can be dipped or spread with hummus
- Fruit (try containers of berries or cubes of melon, plums or apricots)
- Water or diluted fruit juice

### **Sample lunchbox 2:**

- Wholemeal pitta pocket with sliced chicken or turkey crammed with strips of lettuce and cucumber
- Fruitus bar by Lyme Regis Foods. This bar has no added sugar and provides slow sustaining energy from oats.
- A packet of Clearspring toasted pumpkin seeds
- Water or fruit smoothie

### **Sample lunchbox 3:**

- Wholegrain bagel filled with salmon & beetroot pate (blend 1 small can of salmon with a little natural yogurt and a slice of beetroot) serve with grated carrots & fresh watercress
- Small pot of fruit yogurt served with 2 Nairn's sweet oatcakes (e.g. mixed berry)
- A packet of Nairn's Oatbakes
- Water or diluted fruit juice

### **Sample lunchbox 4:**

- Rice & mixed bean salad - mix cooked rice (try brown basmati) with a selection of beans such as kidney / borlotti / cannellini beans and chopped red onion and fresh peppers, season to taste with a flaxseed vinaigrette
- Fresh fruit medley (include pear / apple / peach and cherries)
- Small pot of Fromage Frais
- Water or fruit smoothie



## Mini Cheese & Vegetable Tartlets

$\frac{1}{2}$  pack (200g) ready rolled shortcrust pastry  
60g Cheddar cheese  
3 eggs  
125ml milk  
2 tbsp sweetcorn  
2 tbsp chopped red peppers  
1 tomato, chopped

1. Pre heat the oven 200 °C.
2. Butter or oil six holes of a deep muffin tin.
3. Place the ready rolled pastry on a floured surface and cut into six rounds using an 8cm (3") cutter.
4. Lightly press into the six muffin holes.
5. Combine the cheese, eggs and milk, and stir in the sweetcorn, peppers and tomato, then spoon into the muffin tin.
6. Bake in the oven for 20 minutes or until risen and golden.
7. Leave to cool for a few minutes before removing from the tin.



# Recipes



## Pizza Rolls

These mini pizzas cost next to nothing to make - just mix and match the toppings to suit.

4 white or wholemeal rolls (or other type of bread - e.g. flour tortillas)  
Tomato puree  
Chopped tomato  
Dried oregano  
125g / 4  $\frac{1}{2}$  oz (low fat) mozzarella cheese or cheddar cheese (grated)

Topping options:

Black olives, pitted and chopped  
Sweetcorn  
Chopped onions  
Flaked tuna  
Pineapple chunks  
Ham  
Fresh basil, roughly chopped  
Freshly ground black pepper (to taste)  
Etc!

1. Preheat the grill.
2. Cut the rolls in half, horizontally, and put them cut side down on a baking tray. Toast for 2 minutes until golden.
3. Spread tomato puree and / or chopped tomatoes and oregano evenly on the un-toasted side of bread.
4. Add your selection of toppings evenly and top with the cheese. Grill for another 3-4 minutes, until hot and melted.

## Fruit Kebabs

Selection of fruit cut into small chunks:

Melon  
Grapes green / black  
Strawberries  
Kiwi fruit  
Tangerines / Satsuma  
Pineapples  
Any other favourite fruits!  
Cocktail sticks

1. Prepare fruit - wash and peel if necessary
2. Cut into mouth sized chunks.
3. Thread alternate coloured fruits onto a cocktail stick - leaving space at one end to hold the stick.

## Vegetable Kebabs

Selection of vegetables cut into small chunks:

Carrots  
Cherry tomatoes  
Cucumber  
Red pepper  
Olives  
Celery  
Mushroom  
Any other favourite vegetables!  
Cocktail sticks

1. Prepare vegetables - wash and peel if necessary
2. Cut into mouth sized chunks.
3. Thread alternate coloured vegetables onto a cocktail stick - leaving space at one end to hold the stick.

## Veggie sticks and dips

Selection of raw vegetables:

Cherry tomatoes

Cucumber

Red / green / yellow pepper

Celery

Broccoli

Baby corns

Mange tout

Sugar snap peas

Any other favourite vegetables

1. Prepare vegetables - wash and peel if necessary
2. Cut into 4cm sticks - suitable for dipping.
3. Put into small sandwich bag or container.
4. Put a selection of dips in small containers - e.g. salsa, low fat humous, etc.

## Filled Pitta Bread

Pitta bread - white or wholemeal

Selection of fillings:

Chopped tomato

Shredded lettuce

Chopped spring onion

Red peppers

Cucumber

Flaked tuna (in water or brine)

Sweetcorn

Grated carrot

Low fat cottage cheese / soft cheese

Low fat humous

Grated cheese

Olives

Dips

Whatever else you fancy!

1. Slice pitta half way along the edge and open.
2. Add your choice of filling and eat.