

Pack power into your lunchbox

Packed lunches do not have to mean boring sandwiches everyday. Pack up your lunch using foods from the 5 main food groups as shown in the **Eatwell Plate** below and some of the scrumptious ideas in this information sheet.

Fruit and Vegetables *keep you healthy*

Aim for 2 portions for your lunch
e.g. 1 portion = 80g (fresh/frozen/tinned or dried)
e.g. a handful of vegetable sticks
1 medium pear/banana/apple

Bread, rice, potatoes and Pasta *fill you up*

1-2 portions for your lunch
e.g. 1 portion = 1 medium/thick slice of bread



Meat, fish, eggs, beans *help you grow*

1 small portion for your lunch
e.g. 1 portion = 2 eggs
1 portion = 3 slices of chicken/turkey/ham/beef
(size of pack of playing cards)

Food and drinks high in fat and/or sugar

0-1 portions at lunchtime

Milk and dairy foods *look after your teeth and bones*

1 small portion for your lunch
e.g. 1 portion = 1 small (150g) pot of yoghurt

To Drink?

- 💧 **Always** include a drink to stay hydrated and help concentration.
- 💧 Water, milk, or unsweetened fruit juice are the best options
- 💧 Occasionally, try adding a fruit smoothie made from natural yoghurt, mixed berries or a home-made milkshake (try mixing semi-skimmed milk with puréed strawberries or banana).

Keep it Cool

- ❄️ Use a cool bag and an ice pack
- ❄️ Store in a cool place away from a radiator
- ❄️ Put in the fridge if possible
- ❄️ Freeze smoothie/milk based drinks then they can defrost through the morning

Super Sandwiches

Daily Bread

Granary bread or rolls
Wholemeal bread or rolls
Multi grain bread or rolls
Mini wholemeal baguettes
Bagels
Pitta bread
Tortilla wraps, chapattis
Cheese scones
Oat cakes, crackers or breadsticks

Fill 'Em Up

Always add salad to your sandwiches for extra crunch
Use low fat spreads, dips and mayonnaises
Ham, chicken, turkey, lean beef, egg
Tinned tuna, salmon, mackerel, sardines
Hummus and grated carrot
Lower fat cheeses, e.g. Edam, mozzarella, low fat cheddar, cottage cheese
Falafel

Fed up with sandwiches?

- ✓ Home-made pizza with plenty of chopped vegetable toppings e.g. peppers, onion, mushrooms, sliced courgettes.
- ✓ Home-made Spanish omelette with potato, courgette and tomato, or broccoli and tomato
- ✓ Quiche with vegetables and cheese, try to choose options that are lower in salt and fat
- ✓ Homemade soup, e.g. tomato, butternut squash, lentil, vegetable
- ✓ Salads – rice, pasta or noodle salads with lots of chunky vegetables
- ✓ Lentil and bean salads using tinned beans and pulses, add lots of vegetables
- ✓ Don't forget to include some vegetables e.g. cherry tomatoes, carrot sticks, cucumber, celery, peppers, mangetout, sugar snap peas, sweetcorn, radish, spring onion.

Something Sweet.....

Fruit and fruit salad - apples, bananas, grapes, oranges, blueberries, raspberries, strawberries and grapes are all naturally sweet.

Try tinned fruit in its own juice with no added sugar.

A handful of dried fruit, such as raisins, apricots, figs or prunes

Stewed fruit (without added sugar). Try stewing apple with raisins and cinnamon. You could add a spoonful or two of natural yoghurt to the fruit.

Scones, fruit bread, malt loaf, plain biscuit such as rich tea

Low fat/low sugar yoghurt, fromage frais or rice pudding

Plain popcorn or a small portion of unsalted, plain nuts

