



## Healthier lunch box checklist

- A good portion of starchy food, e.g. wholegrain bap, thick sliced wholemeal bread, chapatti, pitta pocket, pasta or rice salad.
- Plenty of fruit and vegetables, e.g. an apple, Satsuma, handful of cherry tomatoes or carrot sticks, mini-can of fruit chunks or a small box of raisins.
- A portion of semi skimmed milk or dairy food, e.g. individual cheese portion or a pot of yoghurt.
- A portion of lean meat, fish or alternative, e.g. ham, chicken, beef, tuna, egg, or hummus.
- A drink, e.g. fruit juice or a bottle of water.



## Top tips for storage

- Make the lunch the night before and refrigerate. This can help reduce the stress and rush in the morning, plus be an opportunity for children to help.
- Freeze sandwiches in advance, but be aware that some fillings are not suitable for freezing, e.g. tomato.
- Use an insulated lunchbox.
- Use a frozen ice-block or gel-pack (or frozen water in a rigid, leak proof plastic container).
- Freeze a carton of juice the night before – then use it as a freezer pack.
- Refrigerate fruit before packing.
- Avoid packing warm food into the lunchbox.

