



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

<https://www.nhs.uk/Live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide>

Please click the links above to get hints and tips on healthier lunch box recipes and planning, for example;

### Lunchbox tips



#### Keep them fuller for longer

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



**DIY lunches** - Wraps and pots of fillings can be more exciting for kids when they get to make them. Dipping foods are also fun and a nice change from a sandwich each day.



#### Mix your slices

If your child does not like wholegrain, try making a sandwich from 1 slice of white bread and 1 slice of brown bread.



#### Always add veg

Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A Day. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.



### Ever green

Always add salad to sandwiches and wraps too – it all counts towards your child's 5 A Day!

### Add bite-sized fruit



Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown.

## All lunchbox recipes



[Cheesy coleslaw with wholemeal pitta](#)



[Creamy hummus dip with pitta bread and vegetable sticks](#)



[Egg mayonnaise and lettuce bap](#)