

CREATIVE IDEAS AND TOP TIPS



Creative ideas and top tips for exciting packed lunches



Use fun and colourful Tupperware and swap it throughout the week.

Use stickers in and on lunch boxes to reward children for choosing to eat the healthy option in their lunchbox.

EAT ME

Write little notes or surprise messages in lunchboxes.



Play the smart swaps game - ask your child/children to swap food items to healthier alternatives. It's not about cutting food out but just making similar swaps.

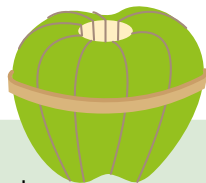


MENU

Create a menu for the week and ask your child/children help and take ownership for their own menu. Make sure you guide them to choose a balance in line with the packed lunch standards.



How to include more fruit:



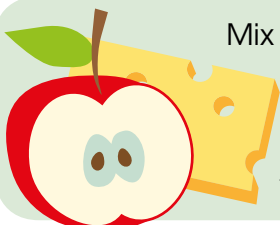
Core and slice an apple then put it back together and pop an elastic band around it - bite size crunchy slices that are ready to eat and won't go brown!



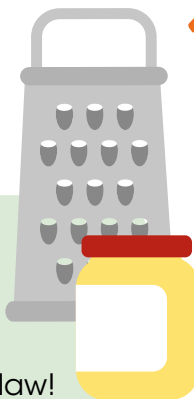
Make fruit kebabs - putting fruit on a stick makes it much more exciting!



Make a pick 'n' mix style fruit selection - more colours, more flavours and more fun.



Mix grated hard cheese with grated apple a squeeze of lemon and a little mayonnaise - this makes a fruity coleslaw!



How to include more vegetables:



Try sticks of carrot, cucumber or pepper or cherry tomatoes. Children are much more likely to eat veg if it's in bite-sized pieces, and if they don't have to peel it themselves.



Try grated carrot or pepper as sandwich fillers - these are sweet and crunchy and less likely to make bread go soggy.

Pasta and rice salads are an easy way to pop some extra veg in - try pea, sweetcorn, grated carrots, courgette, celery or pepper.



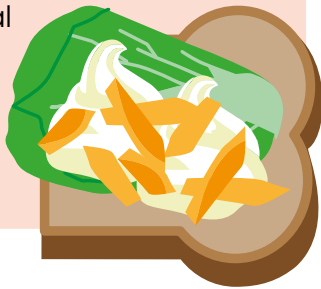
Packed Lunch CREATIVE IDEAS AND TOP TIPS

TOOL 17



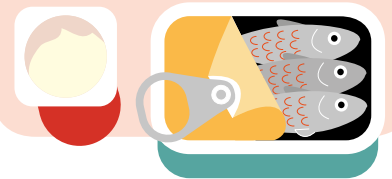
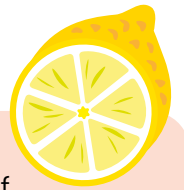
How to include oily fish

Skin and flake smoked mackerel fillets, then mix with a little mayonnaise and Greek yogurt. Spread onto thick wholemeal bread and top with crisp lettuce.



Stir in fresh or canned salmon with pasta or potatoes, natural yoghurt, peas and chopped peppers for a tasty pasta or potato salad!

Mash canned salmon, a bit of cream cheese or Greek yogurt, a squeeze of lemon. Use as a dip or on sandwiches.



Increasing Protein:

Add tinned/draind beans into pasta or rice.

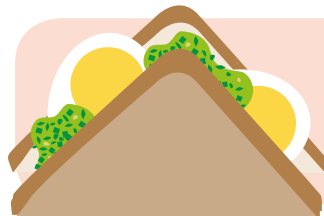


Blend up chickpeas, a little garlic and lemon for a tasty humus that can be used as a dip!



Slice chicken breast into thick strips and put in a container.

This makes quick and easy finger food children will love.



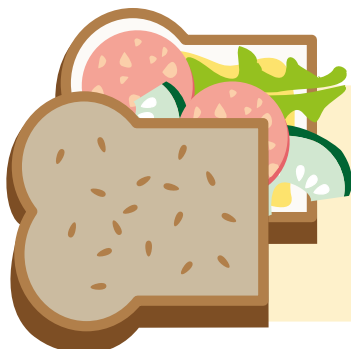
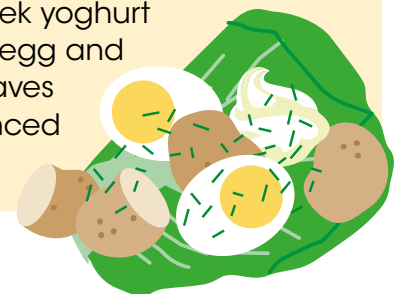
Try adding a little pesto to chopped /sliced eggs and use in pittas/wraps or sandwiches.

Starchy foods:

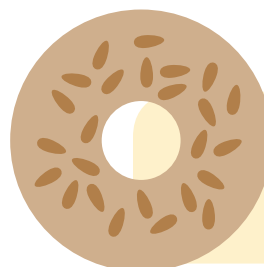
Couscous, rice and pasta are cheap, quick to make, filling and can easily be combined with vegetables



Cooked and cooled potatoes with a little Greek yoghurt and chopped egg and some salad leaves makes a balanced lunch.



Use one slice of wholemeal and one slice of white bread in sandwiches or use 50/50 bread.



Try wraps, bagels, muffins or pittas to keep things interesting and varied.

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Time savers:

Vegetable sticks such as cucumber, peppers and carrots can be cut in advance and stored in airtight container to quickly put into lunch boxes in the morning.

Freeze sandwiches - ham, cheese, tuna sandwiches, pittas or wraps can be made and sliced in advance and frozen. Every morning there will be a quick sandwich to put in the box and it'll defrost by lunch time.

Have ready boiled and peeled eggs in the fridge - easy to slice and put in pittas, sandwiches, wraps and salad.

Make the packed lunches the night before while making the evening meal and store in the fridge.

Use evening meal leftovers or cook a little bit extra to be used the next day.

Cool leftovers as quickly as possible and store in the fridge. Left overs shouldn't be kept for more than two days.

