

Ideas for healthy and tasty lunchboxes

Cutting line



A healthy lunchbox

'Eating Well' means having plenty of fruit and vegetables and foods like bread, cereals and potatoes, moderate amounts of meat and dairy foods and small amounts of fatty and sugary foods

A healthy packed lunch should contain:

- ✓ a drink
- ✓ a carbohydrate food, such as bread, potatoes, rice, pasta or noodles
- ✓ fruit and vegetables - try to include two to three different fruits and vegetables each day
- ✓ a protein food such as chicken, turkey, fish, ham, egg, cheese or hummus
- ✓ a dairy food, such as milk, yoghurt, cheese or fromage frais
- ✓ fatty or sugary foods can be included every now and again as a treat, but should not be given every day





Try to have as much variety as you can but most of all, enjoy the food you eat!



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 Non-dairy protein foods like cucumber help us grow and stay healthy and are also a good source of iron 



Ice pack



Children's tips
Do: Keep your lunchbox in a cool place in school





Ice pack



Children's tips

Do: Wash your hands before you eat



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Water and milk are the best drinks to have because they aren't harmful to our teeth



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Ice pack

Including different coloured fruit and vegetables will not only make your lunch 100k good, but it will also give your body lots of the vitamins and minerals it needs to stay healthy.

Children's tips
Do: Remind your parent or carer to wrap food items well

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Carbohydrate foods are the main source of energy for our bodies and help to fill us up. Why not try some different types of bread, such as pitta bread or bagels?



Ice pack



Children's tips

Don't: Let others play with or eat your food. Your food might make another pupil ill - for example, nut or milk allergy





Ice pack

Dairy foods contain calcium, which helps us grow and helps our bones and teeth stay healthy



Children's tips

Do: Remind your parent or carer to include a frozen ice pack



Salford City Council

If you would like any additional healthy eating information or support, please contact us

-  Salford Health Improvement Service
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Salford Civic Centre
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-  Twitter: @HealthySalford



Eat good feel good

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