


LOOKING FOR LUNCHBOX IDEAS?




LUNCHBOX LOWDOWN



50

IDEAS FOR LITTLE LUNCHBOXES
FOR CHILDREN AGED 1 TO 5



LUNCHBOX LOWDOWN

CHOOSE
ONE ITEM
FROM EACH
OF THE **FIVE**
SECTIONS

DID YOU KNOW?

- A child may need to try a new food at least 15-20 times before they may accept it.
- Try not to use food as a reward or treat. Stickers, a visit to the park or time spent with friends are some alternatives.
- Where possible, involving children in shopping for and getting food ready can help with encouraging them to try new foods.



Within the following sections, the lower portion suggestion is for age groups 1-2 and the higher portion suggestion is for age groups 3-5.



VEGETABLES

FOR HEALTH



Raw broccoli or cauliflower

1 – 2 tbsp cut into mini florets

Carrots (cooked if under 1 yr)

4 – 6 carrot sticks

Cucumber

4 sticks

Mangetout

4 – 6 whole mangetout

Red and yellow pepper

4 – 6 sticks

Sweetcorn

1 – 2 tbsp from a can

Little gem lettuce

Your child's handful

Cherry tomatoes

3 – 4 cut into quarters

Roasted vegetables

1 – 2 tbsp

Avocado (mashed or sliced)

1 – 2 tbsp

FOOD FACT

It counts to be positive about a new food – even if you don't like it! Children learn their eating habits from the adults around them.



FRUIT

TO FIGHT DISEASE



Melon

1 – 2 tbsp cut into wedges

Banana (small)

Cut a slit at the top for easy peeling

Canned fruit in natural juice

1 – 2 tbsp

Fruit salad

1 – 2 tbsp in a little pot

Seedless grapes

5 – 8 grapes cut into quarters

Kiwi fruit

Top removed, serve with a spoon

Apple

1/2 an apple, cut into wedges, wiped with lemon juice

Dried fruit

1/2 – 1 tbsp (mealtimes only)

Easy peel clementine

Berries (fresh or frozen)

1 – 2 tbsp in a little pot

FOOD FACT

2 strawberries is a child's 40g portion.



CALCIUM

FOR STRONG BONES/TEETH



Natural (plain) yoghurt

1 – 2 tbsp in a small pot

Cheddar cheese

1 – 2 tbsp, grated or 2 sticks

Cottage cheese

1 tbsp

Cream cheese

1 tbsp

Glass of milk

1/2 cup (150ml)

Custard

3 – 4 tbsp in a small pot

Edam cheese

1 – 2 tbsp cubed

Nibbles of different types of cheese

1 – 2 tbsp

Rice pudding

1 – 2 tbsp in a small pot

Fromage frais

1 – 2 tbsp in a small pot

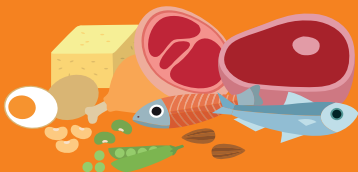
FOOD FACT

Flavoured yoghurts are often high in sugar. Plain yoghurt and berries could be offered as a healthy alternative.



PROTEIN

FOR GROWTH



Chicken

1 slice (small slice if under 2 yrs)

Hard boiled egg

1 egg

Fish pate (e.g. sardines + cream cheese + squeeze of lemon)

1 – 2 tbsp

Houmous

1 – 2 tbsp

Kidney beans (mashed with a little French dressing)

1 – 2 tbsp

Quiche slice

Size of your child's palm

Meat alternative (e.g. tofu)

1 – 2 tbsp

Roast meat leftovers

1 slice (small slice if under 2 yrs)

Salmon or tuna

1 – 2 tbsp

Turkey slices

1 slice (small slice if under 2 yrs)

FOOD FACT

Egg, bean dips and tuna are great sandwich-fillers and help you cut back on meat.



GRAINS

FOR ENERGY



Bread roll

1/2 – 1 roll

Crackers

1 – 2 crackers

Oatcakes

1 – 2 oatcakes

Pasta salad

3 – 4 tbsp cooked pasta

Tortilla wrap

1/2 – 1 wrap

Potato salad

2 – 3 tbsp

Wholemeal pitta bread

1/2 – 1 pitta

Zebra sandwich (1/2 slice brown and 1/2 slice white bread)

Bagel

1/2 bagel

Rye bread

1 slice

FOOD FACT

In the first two years children need less fibre – give young children a mixture of refined (white) and wholegrain carbohydrates.





LUNCHBOX LOWDOWN

FOR MORE INFORMATION:



**Eat
Well.**

The Health
Improvement
Commission

Please contact 01481 210420
or email hello@healthimprovement.gg

OTHER USEFUL RESOURCES:

VEGPOWER

vegpower.org.uk



**Better
Health** healthier
families

nhs.uk/healthier-families

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