



PACKED LUNCH IDEAS

To keep your little (or big) ones powering through their school day, they need filling, tasty and nutritious foods to munch on. There are so many foods for packed lunch boxes; it can be difficult to choose something healthy. This factsheet aims to give you some ideas for healthy, filling lunches.

Packed lunches can be so much more than a sandwich, bag of crisps and a biscuit. Include colour, and texture to make them appetising. Always include a fresh fruit and a portion of veg. Why not try:

- Pasta, rice, noodle and potato salads (add lots of veggies and salad)
- Couscous, quinoa or bulghur wheat salads, can buy these grains ready cooked in packets
- Soups, homemade
- Pizza slices/ wrap pizzas
- Wraps, crackers, rice cakes, oatcakes, corn cakes, breadsticks, pittas, savoury scones/muffins and rolls as well as sliced bread
- Paratha – flavoured with beetroot or, sweet potato
- Potato spinach cakes
- Samosas
- Frittata, quiche, veggie scotch eggs
- Pierogi and latkas, polish dumpling and rosti
- Lots of veg/salad, this is essential for a healthy lunch
- Use spices and garlic to add extra flavour
- Dips – houmous, salsa, yoghurt dips (ask us for recipes)
- Whole fruit, dried fruit and fruit salads
- Yoghurt/yoghurt tubes, natural yoghurt with fruit (freeze and add to the lunch box frozen but will have safely defrosted by the time lunchtime comes)
- Koftas, chicken (drumsticks/kebabs), ham, beef, eggs, cheese
- Tuna, salmon
- Beans and pulses, falafels and veggie koftas
- Low sugar banana muffins, lemon and blueberry cake (ask for recipe)
- Water, sugar free cordials



Healthy foods are those that have been processed the least.

Keeping these foods out of the lunch box helps you to manage BG and stay healthy: sweets, chocolate bars, biscuits, cakes, sweet cereal bars, sugar free fizzy drinks. Its easier to manage BG with sweet foods when you are at home and can monitor BG and give correction if needed.

Pop in a little ice pack to keep everything fresh, especially in the summer

The websites below offer some great ideas

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes#lunchbox-recipes>

<https://www.bbcgoodfood.com/recipes/collection/lunchbox-recipes>