

# Weekly Planner

Can you complete the planner?

Your healthy lunchbox should contain all of the below!

Use the information inside to plan your healthy lunchbox for the next two weeks

Day	Starchy Carbohydrate	A dairy item	Protein Foods	Vegetable, fruit and/or salad item
Monday	▶	★	★	★
Tuesday	▶	★	★	★
Wednesday	▶	★	★	★
Thursday	▶	★	★	★
Friday	▶	★	★	★



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Monday	▶	★	★	★
Tuesday	▶	★	★	★
Wednesday	▶	★	★	★
Thursday	▶	★	★	★
Friday	▶	★	★	★

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# Lunchbox guide

Use leftovers from the night before! Instead of packing 'sandwiches'

Involve children in making their own lunchbox!

Why not give your child the ingredients to 'make their own' lunches, such as a 'make your own' pizza sandwich

If your child doesn't like wholemeal bread, try using 50/50 instead!

Keep your lunchbox fresh using ice packs, frozen grapes, a frozen drink or even a frozen sponge!

Know your daily sugar intake:  
Aged 4-6: 19g  
Aged 7-10: 24g  
Everyone older: 30g



For more information, visit:

<http://www.nhs.uk/change4life/Pages/healthy-lunchbox-picnic.aspx>

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First for Wellbeing

SUPPORTING YOU TO TAKE CHARGE OF YOUR LIFE

Northamptonshire Healthcare NHS Foundation Trust

Northamptonshire County Council

First for Wellbeing, delivering services on behalf of Northamptonshire County Council.

# Pack a healthy lunch

Choose a selection of items to build a healthy pack lunch. We've included real life examples to inspire you!

## Fruit and Vegetables

Include one portion of fruit and one portion of vegetables or salad every day! It can be fresh, frozen, tinned or dried. Just get it in!

**Top tip:** Frozen Peas are the ideal last minute vegetable lunch box solution that requires **zero** preparation and are usually a favourite. Simply place a portion of frozen vegetables direct from the freezer and into the lunch box. They are usually perfectly thawed by lunch time!

**Try this:** Cous-Cous with roasted vegetables, lentils and feta cheese with pineapple chunks and iced water

### What is a Portion?

One small sized apple, banana, pear, peach, orange, plum, apricot etc. (50-100g)

One portion of dried fruit/raisins (15-30g)

One portion of fruit salad, fruit tinned in juice, and stewed fruit (raw/cooked 50-100g – 40g minimum of fruit)

One portion of raw/cooked vegetables (40-60g)

## Milk and Dairy

Dairy should be included in a packed lunch every day; these foods contains **calcium** which is necessary for strong bones and teeth, as well as providing added protein and vitamins.

**Examples include:** Yoghurts, fromage frais, low fat and sugar custards and rice pudding, low fat cheese and milk!

**Top Tip:** Mix up sweet and savoury! Pop some cubes of cheddar in with some grapes and popcorn; put some sultanas in with some pretzels or give plain yoghurt an exotic touch by adding pieces of pineapple and coconut!

**Try this:** Bagel with salmon, cream cheese and cucumber, banana and fruity water!

## Drinks

Fluids, especially water help everybody feel their best. Water makes up more than half of a child's body weight and is needed to keep all parts of the body functioning properly.

**Top tip:** If your child doesn't enjoy the taste of water use frozen fruit in place of ice cubes or infuse your water with flavour by adding fruits like berries, cucumbers, lemons and limes!

## Eat healthy

## Starchy Carbohydrate

It's recommended that starchy carbohydrate make up 50% of each meal you consume!

These include: breads, rice, pastas, wraps, potatoes, spaghetti and noodles.

**Top tip:** Choose wholegrain variety of breads and pastas to cram in an extra dose of fibre and B-vitamins!

**Try this:** Tortilla wrap with chicken and peppers with strawberries and some milk!

A study in 2012 by Children's Food Trust, found that just 1% of packed lunches are well balanced and nutritious in the UK, whereas School Meals Services must follow nutritional standards set out by the government; furthermore, these are typically more varied, tasty, nutritious and also, very often, cheaper!

Try having a hot dinner at least once per week to add variety to your lunch times!

## Meat, Fish and Alternative Protein Sources

Meat, fish or other non-dairy protein alternatives should be included every day. Protein is important as it helps us grow and function from the inside out!

An oily fish should be included at least once every three weeks.

### Examples include:

Lean meats, such as chicken, turkey or sliced beef (raw weight: 60-85g)

Pulses, beans, lentils, chickpeas (raw weight: 20-25g)

Low fat cheese, cottage cheese, mozzarella, cheddar or soft cheese (20-30g)

Meat alternatives such as soya, tofu and Quorn: (cooked: 50-70g)

Vegetarian sausages or burgers (raw/cooked: 50-70g)

Eggs, such as boiled or omelette

Dishes containing pulses, beans or meat, such as stew, chilli con carne or a bean salad.

**Top Tip:** Try varying different protein alternatives each day to keep the lunch box varied. Last night's leftovers in a wrap can also be a great time saving replacement to sandwich fillings!

**Try this:** Tuna, sweetcorn and pasta salad, kiwi fruit, yoghurt and strawberry infused water!