

Let's Lunch!

A nutritious, yet appetising, lunchbox for children may often be viewed as a challenge! However, a few simple tips can help ensure your child is heading off to school with a satisfying lunch.

- Base choices on the Food Pyramid guidelines and include variety. For example, choose from sliced bread, bread rolls, wraps or pasta; various fruit and vegetables; and explore dairy options from milk to yogurts to different types of cheese.
- Include a drink; water and milk are considered the best choices.
- If introducing something for the first time, try it at home first. It is important that the lunchbox is healthy but it must also be enjoyed!
- Involve children in preparing their school lunch. This will encourage them to take an interest in food as well as ensuring the foods they like are included.

Sample Lunchboxes for Primary School Children

Small Break:

Apple

Carton of School Milk

Lunch:

Wholemeal bread with sliced cheddar cheese, salad leaves and tomato relish

Pear

Water

Small Break:

Yogurt

Plum

Water

Lunch:

Tuna wrap with mixed peppers, sweetcorn and light mayo

Banana

Carton of School Milk

Small Break:

Mixed Vegetable sticks
e.g. carrots, peppers

Carton of School Milk

Lunch:

Pitta pocket with chicken, tomato and grated cheddar cheese

Apple

Water

Remember to adapt portion sizes to suit the child's age and lifestyle.

Did You Know?

Lunchtime is a perfect opportunity to contribute towards the recommendations of the 'milk, yogurt and cheese' food group. Three servings are recommended per day for children aged 5-8 years, with five daily servings recommended for those aged 9-18 years. Examples of a serving include 200ml of milk, 125ml of yogurt or 25g of hard cheese, such as cheddar.