

A balanced packed lunch ideally contains:

- Starchy foods - eg bread, rice, potatoes, pasta. These are a good source of energy
- Protein foods - eg meat, fish, eggs, beans. Essential for the body to grow and repair
- A dairy item - this could be cheese or a yoghurt. Have a look at the sugar content of yogurts as they can vary
- Vegetables or salad and a portion of fruit - sometimes these seem a boring option for children, but try cutting it into bite size pieces and use a range of colours. Pre-school are more than happy to peel a banana, chop an apple or peel a satsuma

Some lunch box ideas and tips:

When children only eat half of every item in their lunch box it's a waste of food and money. So, you don't need to over fill lunch boxes as pre-school offers a morning and afternoon snack

Chop vegetables or cheese etc the day before when you're preparing tea then it really doesn't seem like extra work

Children like food in little pots (pre-school are happy to help open pots)

Get children involved in their lunch perhaps to choose their vegetable items or sandwich fillings

Consider using tinned fruit salad in juice (with no added sugar) pop it in a pot and it doesn't go brown like chopped fresh fruit can

Dried fruit is an easy option

Try to save chocolate and cakes for after their tea when you can brush their teeth soon after

Consider giving ~ a bag of crisps in a reusable snack bag, and leave the other half for the next day saving money too

Think of alternatives to convenience mini packets as you can save money eg chop your own cheese and pop in a reusable bag or pot