



Lunch box shopping list



Date: _____



Choose one or two items
from each food group below
or an alternative to create
your own healthy lunch box



*Please note some people have food allergies.
Check with your setting before sending in food.

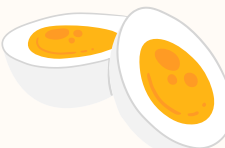
Protein



Chicken

☐

Hummus

☐

Eggs

☐

Tofu

☐

Fruit & Vegetables



Banana

☐

Carrot

☐

Blueberries

☐

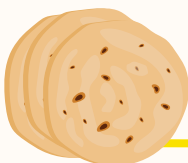
Cucumber

☐

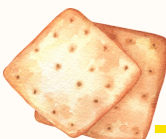
Carbohydrate



Bread

☐

Chapati

☐

Crackers

☐

Pasta

☐

Dairy or alternative



Cheese/soft
cheese

☐

Plain yoghurt

☐

Plant based
alternative

☐



After school snacks/drinks



To keep your child’s teeth healthy, encourage them to snack on sugar free foods/drinks after school.

Healthy snack & drink ideas for after school

- ☐ Veg sticks & Hummus
- ☐ Nuts & Seeds
- ☐ Rice Cakes & Breadsticks
- ☐ Whole Fruit
- ☐ Vegan/Cheese & Crackers
- ☐ Natural Yogurt
- ☐ Oat/Nut/Cows Milk
- ☐ Water

*Please note some people have food allergies.
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Many snacks marketed for children contain high amounts of sugar – always check the label before you buy.

Label	Amount of sugar (per 100g)	What it means
 Low sugar	5g or less	Best choice – tooth-friendly snack
 Medium sugar	Between 5g and 22.5g	OK in moderation – check portion size
 High sugar	More than 22.5g	Avoid or keep for occasional treats

Drinks: Low sugar = 2.5g or less per 100ml
High sugar = more than 11.25g per 100ml



Tip for parents: Always check the per 100g/100ml column on the label, not just the portion size.



After school snacks/drinks



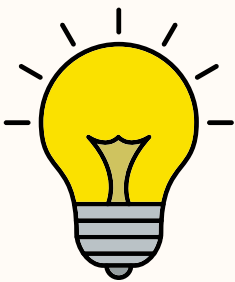
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label	Amount of sugar (per 100g)	What it means
 Low Sugar	5g or less	Best choice - low sugar snack
 Medium Sugar	Between 5g and 22.5g	Okay in moderation-keep to meal times
 High Sugar	More than 22.5g	Avoid or keep for occasional treats

Drinks: Low sugar = 2.5g or less per 100ml
High Sugar = more than 11.25g per 100ml



Tip: Always check the per 100g/ml column on the label, not just the portion size

Healthy snack & drink ideas for after school

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- ☐ Rice Cakes & Breadsticks
- ☐ Whole Fruit
- ☐ Vegan/Cheese & Crackers
- ☐ Natural Yogurt
- ☐ Oat/Nut/Cows Milk
- ☐ Water
- (sugar free)

