Healthy Lunch Boxes

- Eating a healthy lunch keeps gums and teeth healthy
- A healthy lunch box should include fruit, vegetables, carbohydrates and protein
- Choose foods in a variety of colours, finger foods and crispy snacks to make your lunch box more appealing

Lunch Box Ideas

See https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/

Salmon and salad bagel, rice cakes, grapes, semi-skimmed milk

Tuna and bean salad, satsuma, malt loaf, semi-skimmed milk

Spicy chicken and salad wrap, peaches/strawberries, homemade popcorn with cinnamon, sugar-free orange drink

Hummus dip with pitta bread and vegetable sticks, banana, sugar-free jelly, water

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

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