



# BUILD A BALANCED LUNCHBOX

## WHAT TO INCLUDE

### Fruit & Veg

- Soft fruits (berries, banana, melon)
- Cucumber sticks, carrot sticks (steam for younger children)
- Cherry tomatoes **halved and then halved again (quarters)**
- Steamed veg pieces

### Starchy Foods

- Sandwiches or wraps
- Pasta or rice
- Crackers or pitta
- Potato salad

### Protein

- Chicken, tuna, egg
- Beans, lentils, hummus
- Cheese cubes or slices

### Dairy or Alternatives

- Yogurt ( natural )
- Cheese
- Fortified plant alternatives

## EASY LUNCHBOX IDEAS

- Mini sandwiches + soft fruit + cucumber sticks
- Pasta salad with peas, cheese, and sweetcorn
- Wraps with chicken or humous
- Crackers + cheese + **quartered** cherry tomatoes + berries
- Rice with mixed veg and shredded chicken.

## DRINKS

- **Water is best**
- No fizzy or energy drinks
- Avoid added-sugar juices

## FOODS TO AVOID

- **No nuts** due to allergens
- Whole grapes (**must be cut lengthways and halved again into quarters**)
- Nuts and popcorn (choking risk)
- Sweets, chocolate bars, sugary snacks
- Processed meats (keep to a minimum)

## TOP TIPS FOR PARENTS

- Keep portions small and child-sized
- Include foods your child already enjoys
- Add one new food at a time
- Use an ice pack to keep food fresh
- Label lunchboxes and bottles

**We have more lunchbox ideas in our settings that you can take a look at!**