

## Easy tips and Recipes for a Healthy Lunchbox

Lunch boxes don't have to be boring and contain the same thing every day –give children a variety of high energy food such as Potatoes, Pasta, Rice and different types of breads.

Remember to keep them healthy you should give them small portion sizes, use this guide to help you:

Food	Age 4-10	Age 11-18
Bread	1-2 medium slices	2 thick slices
Potatoes	120-170g	200-250g
Rice or Pasta	45-65g	65-80g
Fresh fruit	1 small fruit (50-100g)	1 medium sized (100-150g)
Tinned fruit (in juice)	65-100g (2-3 tbsp)	130g (3-4 tbsp)
Dried Fruit	15-30g (½ to 1 tbsp)	25-30g (1 tbsp)
Vegetables (cooked)	40-60g (1-2 tbsp)	80g (2-3 tbsp)
Low-fat milk	150-200mls	200-250mls
Cheese	20-30g	30-40g
Roast chicken	60-85g	85-125g
Egg	1	1 -2
Yoghurt	80-120g	120-150g
Biscuits and flapjacks	40-50g	50-60g

### Sandwiches:



Wholemeal / Nutty / Seedy bread



Pitta Pockets



Bagels



Bread Rolls



Tortilla Wraps



Naan bread / Paratha's

Use **small** scraping of margarine, butter or Mayonnaise to give bread some moisture.

There are a variety of breads available in all supermarkets, use different ones for different taste and texture.

### Fillings options:



#### Cheese -

25g Low fat cheese such as cottage cheese or a strong flavoured cheese



#### Tuna



#### Sliced meats such as:

**Chicken, Turkey, Ham or Beef** – (you can always use left overs from home cooked meats such as roast chicken, roast beef, cooked cold sausage or bacon)



#### Hard Boiled Egg: - cooked and cooled before using as a filling.

**Add sliced** – cucumber, tomato, lettuce, thinly sliced apple, grated carrot, to give extra taste and crunch to the sandwich)

Add a few loose cherry tomatoes, or sliced carrot or cucumber sticks for an additional snack.



#### Pasta Dishes:

Boil 25 g of pasta and cool it.

Finely slice tomatoes, cucumber, carrot, pepper, broccoli, mushrooms, – choose 2 or 3 of these vegetables and add them to the cooled pasta, sprinkle with a tablespoon of olive oil and mix well.

Grate over 10g of strong flavoured cheese.

This dish can be varied using different vegetables, or use protein rich food such as tuna, chicken slices, cold sausage or cold bacon to give more flavour and texture.



**Make a basic tomato and onion sauce:**

1 medium onion

1 clove garlic

3-4 medium fresh tomatoes or 1 tinned chopped tomatoes

Salt and pepper for taste

Chop the onion and garlic finely, place it in a pan and gently soften the onion. Season with salt and pepper (approx. ¼ teaspoon of each)

Add the chopped tomatoes (or tinned)

Gently simmer the sauce for 10-15 mins

(This sauce can be varied with various ingredients to give a variety of taste and texture – eg minced meat, tinned tuna, small chopped vegetables, chickpeas)

Add the sauce to boiled pasta and sprinkle with 25g grated cheese – this dish taste even nice when cold)



**Rice Salad**

Boil 50g of rice

Rinse, drain and leave to cool.

Chop 2 -3 vegetables finely, such as carrot, pepper, broccoli, (you can vary the recipe with different vegetables such as peas, sweetcorn, cucumber, radish)

Sprinkle the rice with a little lemon juice, mix in the vegetables.

Add a few nuts and raisins for texture and flavour.

Spoon the rice salad into a container and refrigerate.

## Coconut Rice Salad



50g Brown Rice

½ finely chopped pepper (any colour)

4-5 spring onion

Juice and zest of lime or lemon

1 tablespoon chopped fresh coriander

1 tablespoon desiccated coconut

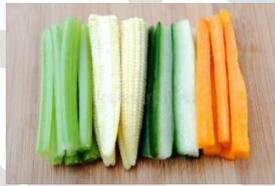
Boil the rice, drain and keep aside. Chop the pepper, onion and coriander finely, mix into the rice. Stir in the zest and juice of the lime/lemon.

Sprinkle with coconut. Place in a container and refrigerate.

Give them fresh fruit and vegetables as snacks:



Tomatoes



Vegetable sticks/Cherry



Fresh Fruit whole or chopped



Dried fruit and fruit and nuts

Give treats like:



Slice of malt bread



Low fats & sugar yogurts



Flavoured Rice Cakes



### Treats you can make at home to put in the lunch box:



#### Flapjacks:

#### Ingredients

Makes: 10

- 125g butter or margarine
- 100g dark brown soft sugar
- 4 tablespoons golden syrup
- 250g rolled oats
- 40g sultanas or raisins

Prep: 15min Cook: 30min

1. Preheat the oven to 180 C / Gas mark 4. Grease a 20cm baking tray.
2. In a saucepan over low heat, combine the butter, brown sugar and golden syrup. Cook, stirring occasionally, until butter and sugar have melted.
3. Stir in the oats and sultanas until coated.
4. Pour into the prepared baking tin. The mixture should be about 2 to 3cm thick.
5. Bake for 30 minutes in the preheated oven, or until the top is golden.
6. Cut into squares, then leave to cool completely before removing from the tin.

7. Place the flapjack squares in an air tight container and use as a treat in the lunch box.



### Rice Krispie Squares:

#### Ingredients

Makes: 24 squares

- 45g butter
- 300g mini marshmallows (use peanut butter and honey to change and vary the flavour)
- 180g Rice Krispies

#### Method

1. Melt the butter in a large, heavy-based saucepan over a low heat.
2. Add the marshmallows and cook gently until they are completely melted and blended, stirring constantly.
3. Take the pan off the heat and immediately add the cereal, mixing lightly until well coated.
4. Press the mixture into a greased 32cm x 23cm tin / 13 x 9 inch pan; you may have to put on vinyl CSI gloves and press it down into the corners, as it will be very sticky. Flatten the top and then scatter over the edible glitter or sprinkles, if so inclined.
5. Let the marshmallow crispy squares cool completely in the tin and then cut them into 24 squares.

Look up lots of other fun and easy recipes that you can try and make:

<https://www.nhs.uk/change4life/recipes>

### You can make a lunch box for four people under £5 –

This is just an example:

Loaf of wholemeal bread – 18 Slices –Aldi 50p Asda 55p

400g Mature Cheddar



£1.79



£1.39

1 Iceberg Lettuce



58p



1 Cucumber

35p

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Total Cost Cheese Sandwiches - £3.27 for two days of sandwiches = £1.63 for 4 Sandwiches per day – 41p per Sandwich

Chicken Sandwiches - £2.87 per day for 4 = 71p per Sandwich.

Add a snack or two with the sandwiches, such fruit, hand full of nuts and raisins or a small Pot of low fat, low sugar yogurt



Low fat low sugar yogurt

- Aldi Pack of 4 - 99p = 25p per pot



- Lidl pack of 6 – 85p = 14p per pot



Handful of fruit and nuts - Tesco

200g – 55p a 25g portion each = 7p per portion



Tesco

300g - £1.19 – 25g portion = 10p per portion



Piece of fruit / Vegetables -

Aldi 6 mini easy peelers - 69p = 12p each



Tesco 6 apples 78p = 13p



carrots Aldi = 30p

Chopped Carrot Sticks – (Approx. 6p a carrot) = 3p each pack of 8



Chopped Cucumber sticks – Aldi 55p between 4 = 13p per portion

Asda 55p

Lunch box for 4 containing; Chicken Sandwich each (£2.87), Pot of Lidl yogurt each (85p), Carrot sticks (carrot each) (30p), Apple each (78p) costs **£4.80**.

This lunch per person is **£1.20**

Shopping wisely and looking for the most economical but healthy options will provide families with a variety of choice, keep them healthier and costs less.

Please note this is a draft version of our booklet. We are still working on this and prices may vary. We are not endorsing any supermarkets for purchasing your food – these are simple examples of what a healthy lunch box can look like at not be too expensive. When making food it is **important** to taken into account dietary requirements to prevent illness.

DRAFT!