



# South Normanton Nursery School

## **Lunchbox Tips**

### **Keep them fuller for longer**

Base the main lunchbox item on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.

### **Freeze for variety**

Keep a small selection of different types of bread in the freezer so you have a variety of options – like bagels, pittas and wraps, granary, wholemeal and multigrain.

### **Cut back on fat**

Pick lower-fat fillings – like lean meats (including chicken or turkey), fish (such as tuna or salmon), lower-fat spread, reduced-fat cream cheese and reduced-fat hard cheese. And try to avoid using mayonnaise in sandwiches.

### **Mix your slices**

If your child does not like wholegrain, try making a sandwich from 1 slice of white bread and 1 slice of brown bread.

### **Always add veg**

Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A Day.

### **Cheesy does it...**

Cheese can be high in fat and salt, so choose stronger-tasting ones – and use less of it – or try reduced-fat varieties.

### **Cut down on crisps**

If your child really likes their crisps try reducing the number of times you include them in their lunchbox, and swap for homemade plain popcorn or plain rice cakes instead.

### **Add bite-sized fruit**

Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown.



Playing together, learning together, growing together

### **Switch the sweets**

Swap cakes, chocolate, cereal bars and biscuits for malt loaf, fruited teacakes, fruit breads or fruit (fresh, dried or tinned – in juice not syrup).

### **Yoghurts: go low-fat and lower-sugar**

Pop in low-fat and lower-sugar yoghurts or fromage frais and add your own fruit.

### **Get them involved**

Get your kids involved in preparing and choosing what goes in their lunchbox. They are more likely to eat it if they helped make it.



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