

handy tips

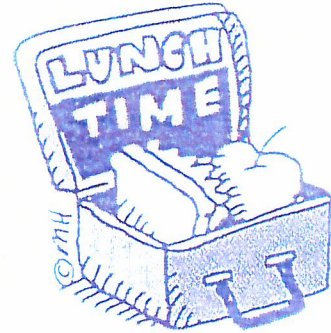
- Involve your child in preparing their lunchbox - e.g. perhaps let them plan a week's menu.
- Let your child choose the lunchbox container they would like - it doesn't matter as long as it is practical, robust and hygienic
- Talk to your children about why it is important to eat healthier foods
- Encourage your child to try new foods
- Keep getting your child to try foods they don't like in different ways, offer praise and ignore refusal
- Don't expect miracles overnight! Take a gradual approach to changing your child's lunchbox



Remember if the weather is hot you will need to include a cooler pack in the lunchbox to keep the food fresh.

Wrotham Road Primary School

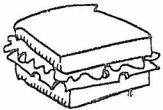
Tips for a



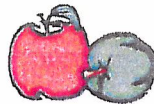
Healthier Lunch Box

Have you included?

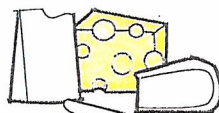
- 1 A good portion of starchy food
eg. bread, rice, pasta, pitta pocket



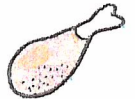
- 2 Plenty of fruit and vegetables
eg. apple, satsuma, carrot sticks,
handful of raisins



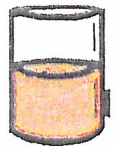
- 3 Portion of dairy food
cheese, yogurt,
fromage frais.



- 4 Portion of lean meat, fish
or alternative
eg. ham, chicken, beef, tuna,
egg, hummus



- 5 A drink
eg. fruit juice, milk, or water



Please do not include nuts in your child's lunchbox as we have several pupils who have severe allergic reactions if they are near nuts.

