



# HEALTHY LUNCHBOX

Packing a healthy lunchbox for your child is important for their development. A good lunch helps them stay focused and active all day. In this guide, you'll find tips on choosing healthy snacks like fruits and crackers, and using lighter options for spreads. We've also included some easy and tasty recipes to make lunchtime fun and nutritious for your child.

## Chicken and salad wrap:

This is a great way to use any leftover roast chicken and can be customised to the liking of your child.

### Ingredients:

- Wrap (choose your preferred type, e.g., whole wheat, spinach)
- Leftover roast chicken, shredded or sliced
- Vegetables enjoyed by your child (e.g., lettuce, tomatoes, bell peppers, cucumbers)

Complete with some fruit (strawberry or Banana for example)

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## Tuna mayonnaise and sweetcorn sandwich:

This is easy to prep in bulk to save time in the mornings or nights before, as well as being a healthy option for your child's lunchbox

### Ingredients:

- Tuna in spring water
- Light mayonnaise
- Sweetcorn
- Bread slices

Complete with some chopped up cucumber and some fruit.

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## Soft cheese and salad sandwich recipe:

This is an easy and efficient way to provide some dairy in your child's lunch.

### Ingredients:

- Medium-fat soft cheese
- Bread
- Vegetables enjoyed by your child (e.g., lettuce, cucumber,

Complete with an apple, Carrot sticks



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