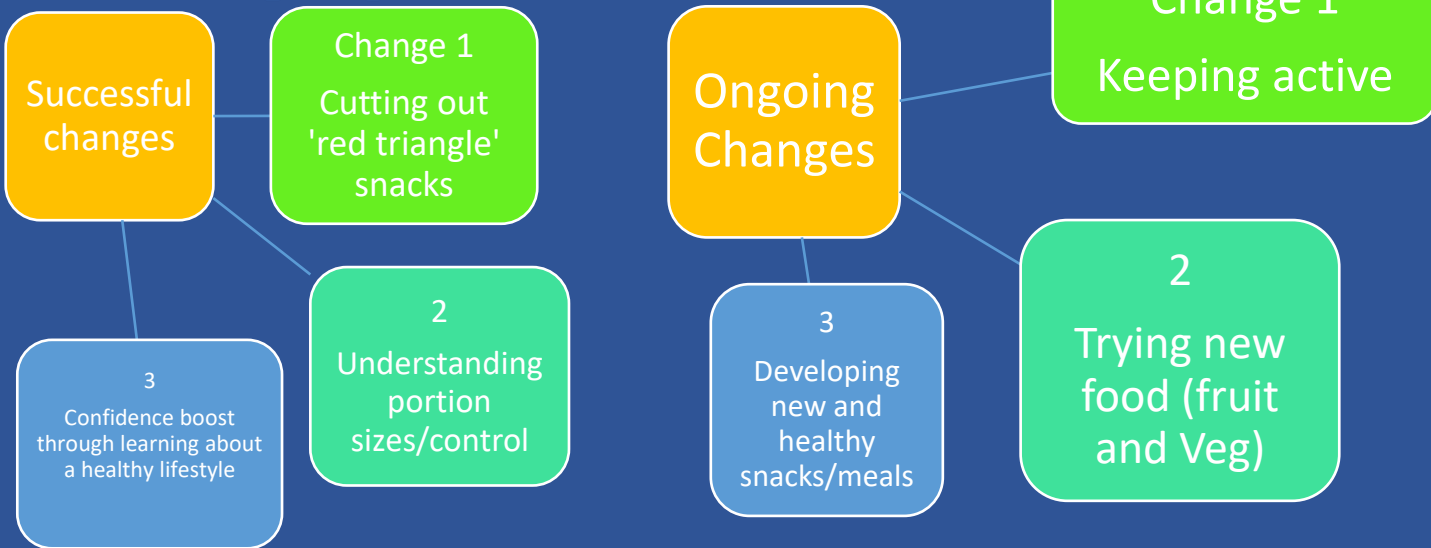




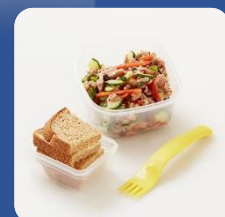
Half-Way Update



Healthy Lunches

Healthy Lunch tips

- *Use the hand portion guide
- *Base the lunchbox of wholegrain carbohydrates such as bread, rice and pasta
- *Cut down on spreads and choose lower fat fillings such as lean meats (Chicken, Tuna), or reduced fat cheese
- *Always add vegetables like cherry tomatoes or sticks of carrot/cucumber
- *Incorporate all the food groups
- *Encourage hydration – let your child pick their favourite water bottle
- *Get your children involved in the preparation process
- *Be creative



USEFUL RESOURCES/LINKS:

- For more lunchbox recipes -
<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>
<https://www.bbcgoodfood.com/recipes/collection/lunchbox>