

# Gracelands Healthier Lunchboxes Guidance

United Nations Convention on the Rights of the Child Article 24 (health and health services. Every child has the right to the best possible health.



School meals are a great choice, but if you do make a packed lunch for your child then we've got it covered. Get hints and tips on what their lunchbox should contain as well as lots of easy-to-prepare ideas your children will love.



**Freeze your bread**  
Keep a small selection of bread in the freezer. Make lunchboxes more interesting by using different shapes, like bagels, pittas and wraps, and different types of bread, such as granary, wholemeal and multi-grain.



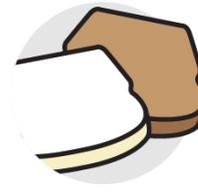
**DIY lunches**  
Wraps and pots of fillings can be more exciting for kids when they get to put them together. Dipping foods are also fun and make a change from a sandwich each day.



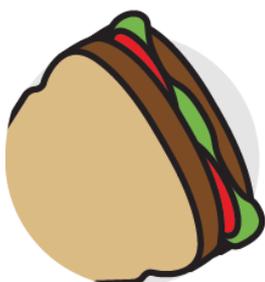
**Cut back on fat**  
Pick lower fat sandwich fillings, such as lean meats (including chicken or turkey), fish (such as tuna or salmon), reduced-fat cream cheese, and reduced-fat hard cheese.



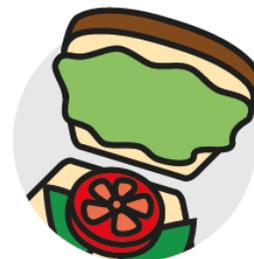
**Less spread**  
Cut down on the spread used and try to avoid using mayonnaise in sandwiches



**Mix your slices**  
If your child doesn't like wholegrain, try making a sandwich from one slice of white bread and one slice of wholemeal/brown bread.



**Keep them fuller for longer**  
Base the lunchbox on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.



**Ever green**  
Always add salad to sandwiches – it all counts towards your child's 5 A DAY.



#### Always add veg

Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A DAY. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.



#### 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.



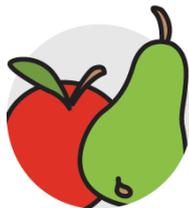
#### Swap the sweets

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



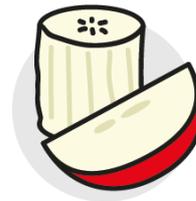
#### Tinned fruit counts

A small pot of tinned fruit in juice – not syrup – is perfect for their lunchbox and is easily stored in the cupboard.



#### Swap the fruit bars

Dried fruit such as raisins, sultanas and dried apricots are not only cheaper than processed fruit bars and snacks but can be healthier too. Remember to keep dried fruit to mealtimes as it can be bad for your child's teeth.



#### Add bite-size 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.



#### Check your cheese

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



#### Go low fat and lower sugar

Go for low-fat and lower sugar yoghurt 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.