

The Healthy Lunchbox

This booklet is to give information on how to help ensure our children are eating a good balanced diet through healthy ideas for their lunchbox.

A good healthy lunch is essential for:

- energy to help them keep going throughout the day
- keep the brain fuelled for learning
- help fight infections



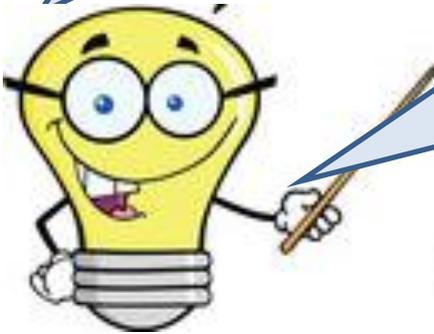
The Scary Facts

92% of children consume more saturated fat than is recommended

86% consume too much sugar

72% consume too much salt

96% do not get enough fruit and vegetables



High blood pressure, raised cholesterol and even clogged arteries in children are rising

Consequences



Increased risk of heart disease, diabetes or cancer in later life.

Being overweight or obese is associated with increased levels of distress, disadvantage and psychological problems

Type 2 diabetes, traditionally found in over 40's is increasingly found in adolescents.

Junk food diets have been proved to effect children's' behaviour, concentration, learning ability and mood. Children with diets lacking in essential vitamins, minerals and essential fatty acids tend to perform worse academically, cannot concentrate and are more aggressive.



Home made chicken nuggets

INGREDIENTS

4 skinless boneless chicken breasts
cut into bite-sized pieces
125g (4oz) cornflakes
3 tbsp plain flour
2 medium eggs, beaten

METHOD

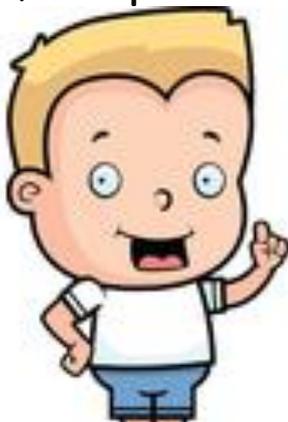


Preheat the oven to 200°C, fan 180°C, gas 6. Put the cornflakes in a food processor and whizz until finely ground. Alternatively, tip into a plastic food bag, wrap the bag in a tea towel and crush finely with a rolling pin.

Put the cornflakes in a shallow bowl, the **flour** in a second and the beaten **eggs** in a third. Line a large baking tray with non-stick baking paper.

Working with a handful of **chicken** pieces at a time, coat first in the seasoned flour, shaking off the excess, then the beaten egg, turning to coat thinly, but thoroughly. Last, dip the chicken in the crushed cornflakes, making sure each piece is completely covered. Space the coated pieces out on the baking tray and repeat until all the chicken is done.

Cook for 20 minutes, turning halfway through, until golden, crisp and cooked through.



You will find that this is not only great in lunchboxes but makes a yummy tea and is a big hit with the kids.

Colourful Couscous Salad

Ingredients

- 200g couscous
- 270ml hot vegetable stock
- 4 tomatoes, chopped
- 340g can sweetcorn, drained
- $\frac{1}{4}$ cucumber, chopped
- 1 small red onion, finely chopped
- 6 dried apricots, chopped - optional but great for flavour
- 2tbsp olive oil
- Juice $\frac{1}{2}$ lemon
- 3tbsp chopped parsley



METHOD

1. Put the couscous into a large bowl add the stock. Cover and leave to soak for 10 mins.
2. Meanwhile, prepare all the vegetables and put them in another bowl with the apricots, add the olive oil and lemon juice, season and mix together.
3. Use a fork to fluff up the couscous then add the vegetable mixture, the chopped parsley and seeds. Toss together and serve.



Couscous salad has lots of nutritious ingredients and can be made the night before and kept in the fridge. Make sure you keep in a secure container.

Top Tip

Use lots of other ingredients such as cheese, hard boiled eggs, nuts and seeds to make this as nutritious and tasty for all the family



Pasta Salad

INGREDIENTS

- can of tuna or cooked chicken
- 100g sweetcorn or peas
- 2 tbsp mayonnaise
- 4 spring onions, chopped
- Cherry tomatoes
- 200g pasta shapes



METHOD

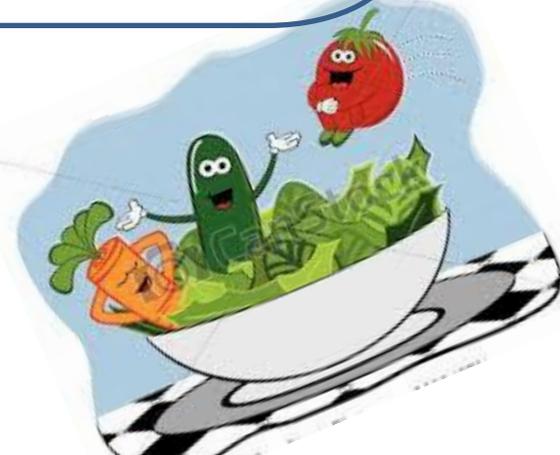
1. Put the pasta into a pan of hot water and cook on the hob until soft. Drain off the water.
2. Strain the liquid from the can of tuna. If using chicken, chop into cubes. Mix with the sweetcorn, mayonnaise and spring onion.
3. Slice the tomatoes in half and add to the mix.
4. Add the pasta and stir together and serve



Pasta salad has lots of nutritious ingredients and can be made the night before and kept in the fridge. Make sure you keep in a secure container

Top Tip

You can use grated cheese, chopped hard-boiled egg or quorn pieces for a vegetarian option to make sure protein is added.



Ham and Cheese Pinwheels

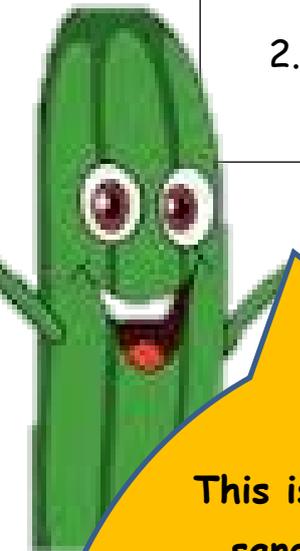
What you will need:

- 4 wholemeal tortilla wraps
- 140g sliced ham
- 2 tbsp low-fat cream cheese
- 1/2 cucumber, thinly sliced
- Thinly sliced tomatoes



Step-by-step method:

1. Spread each cooled tortilla with cream cheese, top with sliced ham, tomatoes and cucumber and then roll up into a swiss roll shape, wrap tightly in cling film and chill for at least 10 minutes (this can be left overnight if possible)
2. Once ready to serve, unwrap and cut into 1cm slices and pile into a sandwich box and chill until needed.



This is an alternative to a sandwich and easy for children to make. The wrap helps provide energy and fibre, the ham and cheese provide protein for healthy growth and any salad ingredients added will provide vitamins to help protect from infections.

Top Tips:

- You can use lots of different salad ingredients - the more the better for a healthy lunch and part of your 5-a-day.
- Leave out the ham and add more cream cheese if you are a vegetarian
- You can change the ham to sliced chicken or tuna
- Place each tortilla onto a plate, cover with cling film and warm through in the microwave for 10 seconds. Alternatively wrap in foil and warm through for a few minutes in the oven preheated to 180°C. (This makes them easier to roll or wrap even if they are being served cold)

Oaty Cookies

What you will need:

100g rolled oats
100g plain flour
100g chopped mixed dried fruits
(dates, apricots etc)
60g butter
50g light soft brown sugar
Big spoonful of honey



Step-by-step method:

- 2 Heat oven to 180°C, fan. Line a large baking tray with non-stick baking parchment. In a bowl mix the oats, **flour** and dried fruit .
- 3 Put the butter, sugar and honey in a medium saucepan. Once melted remove from the heat.
- 4 Mix this into the oat mixture and stir until combined.
- 5 Make balls of the mixture and put on the lined trays, leaving lots of space between them. Flatten each ball slightly.
- 6 Bake for 13-15 mins, depending on if you want a more chewy or crunchy cookie. They will set as they cool. The trays on the bottom of the oven shelf may need to come out 2-3 mins after the tray at the top. Cool for a minute on the tray, then transfer to wire racks to cool completely.



Packed with delicious dried fruit, these scrumptious cookies are perfect snacks for both kids and adults. They are packed with nutritious ingredients that will give us lots of energy to last the day

Top Tips:

Once baked, they can be frozen for up to 3 months so stock up the freezer and you'll always have a lunchbox treat on hand.

Pitta Pockets



INGREDIENTS

- can of tuna
- 100g sweetcorn
- 2 tbsp mayonnaise
- 4 spring onions, chopped
- salt and freshly ground black pepper
- salad cress/lettuce/cucumber
- 2 pitta breads

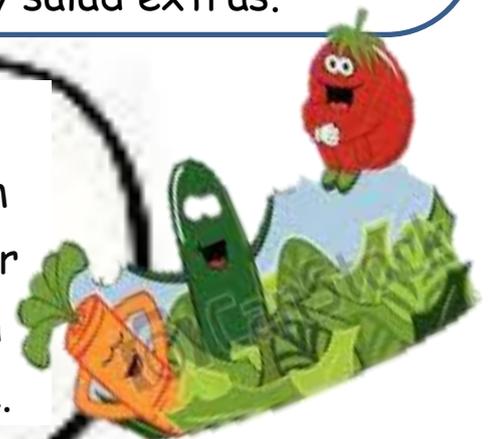
METHOD

5. Strain the liquid from the can of tuna and mix the flaked tuna together with the sweetcorn, mayonnaise and spring onion

6. Roughly chop the hard-boiled eggs and add to the tuna mix with the salad cress (if using), stirring well.

7. Cut the pitta breads in half to give 4 pitta pockets and divide the mixture between them adding any salad extras.

Pitta pockets are nutritious and make a nice change from an ordinary sandwich for your lunchbox - this tuna mix can be made up the night before.



Top Tip
Change the tuna for chicken or use grated cheese for a vegetarian option.

Melon & crunchy bran pots



Ingredients

- $\frac{1}{2}$ x 200g pack melon medley
- 150g pot fat-free yoghurt
- 2 tbsp fruit & fibre cereal
- 1 tbsp mixed seeds
- 1 tsp clear honey



METHOD

4. In a small pot with a lid, put the melon into the bottom
5. Top melon medley with yogurt, then sprinkle over cereal mixed with seeds.
6. Drizzle over honey.
7. Put on the lid and don't forget to put a spoon into the lunch box!



This is so easy to do. Why don't you choose different fruits and get your child to help chop the fruit and make their own fruit pots.

Did you know that Low-fat fruit yoghurts can contain up to eight teaspoons of added refined sugar. Sugar is often the highest ingredient after milk.

