

Lunch box ideas

Egg roll, cucumber and tomato, and yoghurt and blueberries

Top tip:
Make it fun and include your child.

Dairy food or alternative

Plain yoghurt

Fruit and vegetables

Cucumber sticks
Cherry tomatoes
Blueberries

Check traffic light system on packeted food.

Recommended grams of sugar for 4-7 year olds is 19g a day.

Starchy food

Brown bread roll

Protein food

Hard-boiled egg

Try to avoid added sugar and lower salt intake.

Chicken, alphabet pasta, tomatoes



Tuna and sweetcorn pasta



Ham, cheese, cucumber shaped sandwiches



Lettuce and kiwi



Houmous dip and carrot sticks



Apple and carrot flapjacks

Veggies, Soreen and melon

