

STEP 4



5 FAB AFFORDABLE FAMILY LUNCHEBOXES

Try out these ideas to make healthier lunchboxes for your family.
 Why not get your child to help you shop for and prepare the lunchboxes?
 Go for low fat or low salt options when you can.

Monday	Tuesday	Wednesday	Thursday	Friday
Pitta bread with tuna, sweetcorn and mayonnaise A banana A pot of yogurt Carton of orange juice	Pasta salad with cucumber, tomato and turkey An apple A small matchbox size piece of cheese Small bottle of water	Ham and soft cheese bagel Grapes Satsuma Small choc chip muffin Carton of milk	Granary roll with hummus and grated carrot Sticks of pepper Fruit fromage frais Small bottle of water	Cheese and lettuce wrap Handful of raisins Sticks of cucumber 1 biscuit Carton of apple juice
Tip of the day Choose low-fat mayonnaise to cut down on fat	Tip of the day Use a frozen drink to keep the food in the box cool	Tip of the day With a moist filling such as soft cheese, you don't need to add spread to the bread.	Tip of the day Increase the fibre in sandwiches by using one slice of brown/granary bread and one slice of white bread	Tip of the day Did you know a handful of raisins counts towards your 5 a day?