



Healthy Lunch Boxes



- Eating a healthy lunch keeps gums and teeth healthy
- A healthy lunch box should include fruit, vegetables, carbohydrates and protein
- Choose foods in a variety of colours, finger foods and crispy snacks to make your lunch box more appealing



Lunch Box Ideas

See <https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>



Salmon and salad bagel, rice cakes, grapes, semi-skimmed milk



Tuna and bean salad, satsuma, malt loaf, semi-skimmed milk



Spicy chicken and salad wrap, peaches/strawberries, homemade popcorn with cinnamon, sugar-free orange drink



Hummus dip with pitta bread and vegetable sticks, banana, sugar-free jelly, water

