



**Eat  
Well.**

The Health  
Improvement  
Commission



# PARENT GUIDE TO: **HEALTHY LUNCHBOXES**

Including lots of  
information about:



**5 Easy Steps**



**Portion Sizes**



**Healthy Swaps**



**Fussiness Tips**

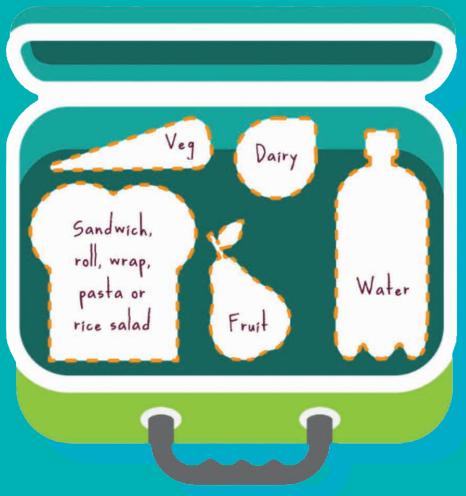


**Eat a Rainbow**





# INTRODUCTION



We know that time, cost, and knowledge as well as children's likes and dislikes may all play a part in our ability to provide a healthy lunchbox for our children.

To help, we've created this guide to healthy lunches and our top tips for overcoming fussiness.



**Healthy lunchbox tutorials are also available on our website to offer more inspiration.**

**Follow this QR code to access these videos.**

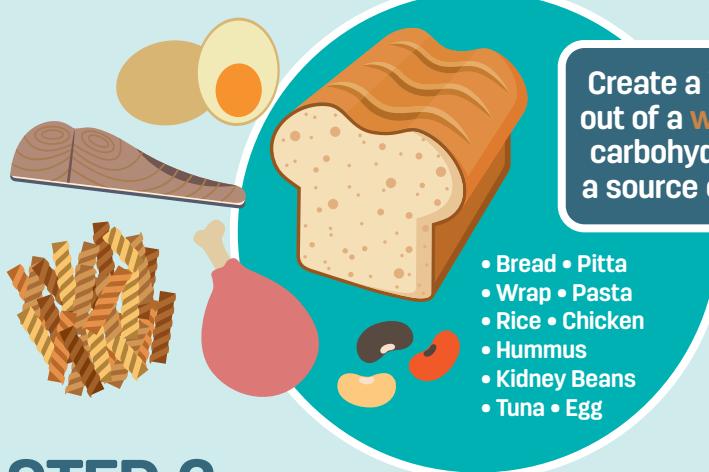


**For further support or ideas check out our website or contact us**

# MAKE A HEALTHY & TASTY PACKED LUNCH IN 5 EASY STEPS!



## STEP 1



Create a 'main bit' out of a **wholemeal** carbohydrate and a source of protein

- Bread • Pitta
- Wrap • Pasta
- Rice • Chicken
- Hummus
- Kidney Beans
- Tuna • Egg

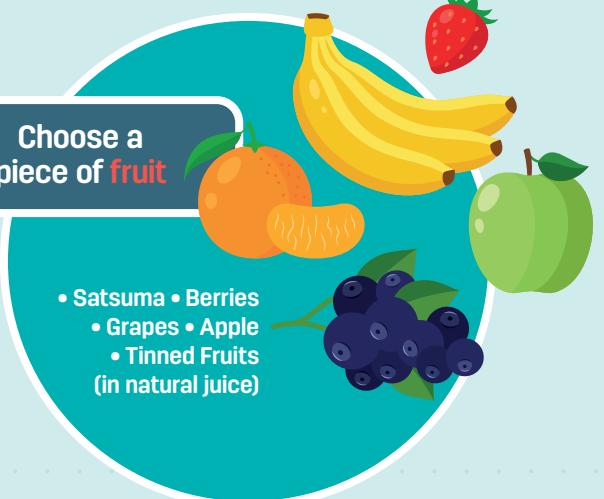
## STEP 2



Include **vegetables** with every meal

- Lettuce • Cucumber
- Pepper Sticks
- Sugar Snap Peas
- Cherry Tomatoes
- Carrot Sticks

## STEP 3



Choose a piece of **fruit**

- Satsuma • Berries
- Grapes • Apple
- Tinned Fruits (in natural juice)

## STEP 4



Add a little **dairy**

- Low-fat Greek Yoghurt
- Small Square of Cheese
- Low-fat Rice Pudding

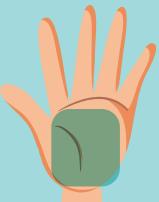
## STEP 5



Bring a water bottle to refill at school

# HOW BIG IS A PORTION?

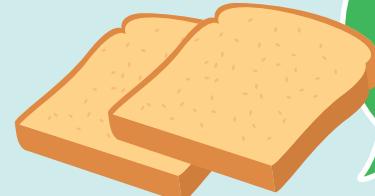
This is a general guide to the size of portions for everyday foods

FOOD GROUP	PORTION SIZE	DESCRIPTION
Fruit and Vegetables	5 portions a day 	Enough to fit in the palm of their hand
Bread, Rice, Potatoes, Pasta	4 portions a day 	The size of their fist
Beans, Pulses, Fish, Eggs, Meat and other Proteins	2-3 portions a day 	The size of their palm
Milk and other Dairy (milk counts as a portion of dairy)	3 portions a day 	Two fingers



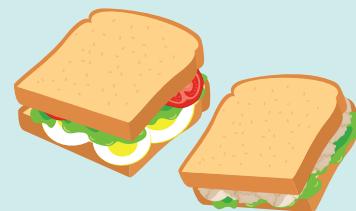
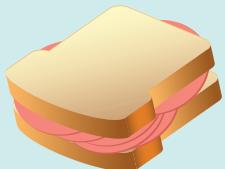
# UPGRADE YOUR LUNCH BOX WITH SOME TASTY & HEALTHY SWAPS!

## White Sandwich to a Zebra Sandwich...

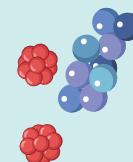


A 'zebra sandwich' is one slice wholemeal, one slice white

## Ham to Chicken, Hummus, Fish or Egg...



## Sugary Yoghurt to a Low Fat Natural/Greek Yoghurt with Berries...

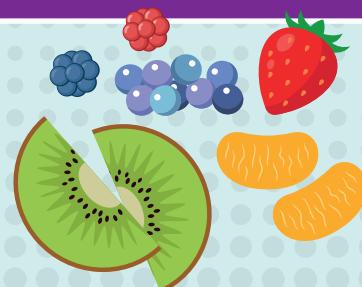


Or, try adding Marmite on top, or providing a hummus dip

## Crisps to Plain/Lightly Salted Rice Cakes...



## Processed Fruit Snacks to Fruit Pieces...



# FUSSINESS TIPS

## IDEAS, TIPS AND MESSAGES TO SUPPORT CHILDREN TO BUILD HEALTHY RELATIONSHIPS WITH FOOD



### GUIDED CHOICE

**"Would you prefer carrot or cucumber today?"**

**"Will we have it cooked or raw?"**

Offer small amounts to avoid overwhelm.

Involve them in prepping and cooking.



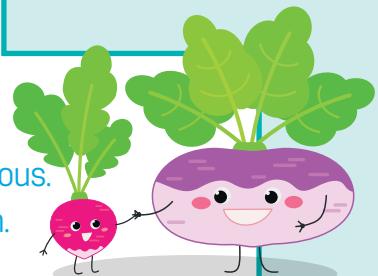
### ENCOURAGEMENT & MESSAGES

**"You tried that even though you weren't sure you would like it. Well done."**

Use positive language to describe food – fresh, crunchy, delicious.

Model positive behaviour by trying foods with your children.

Switch from labelling food as 'good' or 'bad' to 'always' and 'sometimes' foods.



Avoid using food as a reward – this associates food with praise or emotions, instead of hunger.

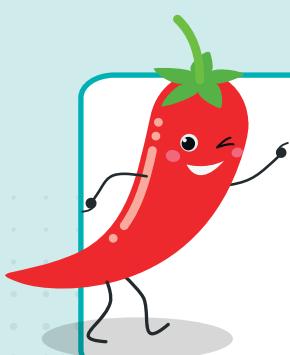
### BODY LANGUAGE

Worry and anxiety about trying foods is common.

Respond to your child's worries by acknowledging them and focus on progress.

Look for signs that your child is feeling full.

Even if you feel frustrated, try to look and sound calm on the outside. This keeps the experience positive for your child.



### KEEP GOING!

**"Was there a reason you didn't want to try?"**

**"Maybe you will feel you want to try another day."**

It may take up to 10 or more times before they start accepting new foods.

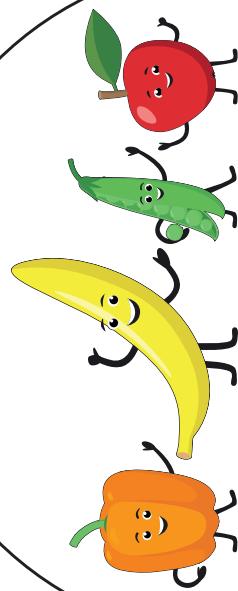
Praise the small wins. Even a lick or a nibble is progress.



# Eat a Rainbow

## can

Red - e.g. tomato, strawberry, pepper  
Orange - e.g. carrot, apricot, pumpkin  
Yellow - e.g. banana, lemon, sweetcorn  
Yellow - e.g. broccoli, spinach, apple, kiwi  
Green - e.g. plum, blueberry, aubergine  
Green - e.g. beetroot, fig, blackberry  
Indigo - e.g. blueberry, fig, blackberry



Every time you eat a fruit or vegetable, colour in the stripe of the rainbow with the same colour (for example, if you eat a banana, colour a stripe yellow and write 'banana' in the stripe).



Complete your rainbow either in one meal, one day, or over a week. It's up to you!



Follow us @healthimprovegg on Facebook and Instagram. Post your pictures and don't forget to include #ICanEatARainbow



## FOR MORE INFORMATION:



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**Please contact 01481 210420 or  
email [hello@healthimprovement.gg](mailto:hello@healthimprovement.gg)**

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