Filling the daily lunchbox can be a chore for many parents. Packed lunches, just like any other meal, need to be balanced to keep our kids happy and healthy. Here are some ideas to make filling a healthy lunchbox that little bit easier, tasty and fun - ideas that your kids will love.

### Lunchbox Ideas

#### Lunchbox 1
- Stuffed pita pocket (leftover meat, lettuce, tomato and a little light mayo)
- Mixed nuts, seeds and dried fruit
- Low fat yoghurt
- Vegetable soup in flask
- Water

#### Lunchbox 2
- Wrap with tuna, sweetcorn and mixed peppers
- Carrots sticks/batons
- A stone fruit (nectarine, peach, plum) or banana
- Yoghurt drink
- Little unsweetened juice

#### Lunchbox 3
- Salad roll (wholebread bap filled with cucumber, crunchy lettuce and tomato, smeared with hummus)
- Handful of grapes
- Slice of cheese
- Fun size carton of milk

### Healthy lunchbox tips:

- Variety is the spice of life. Avoid the same sandwich five days in a row.
- Make the lunch appealing by adding in different colours and textures: baby sweetcorn, sliced red pepper, cucumber and carrots.
- Lunches should include at least one portion of carbohydrate for energy. Choose from bread, wraps, pita pockets, crackers, baps and a selection of rolls.
- Include at least one portion of vegetables or salad and one portion of fruit. Choose from a selection of fresh fruit, mini boxes of raisins, dried fruit such as mango, apricots and dates, unsweetened fruit juice or smoothies.
- Add a portion of dairy for their growing bones. Go for milk, cheese, yoghurts, fromage frais or a yoghurt drink.
- Add a source of protein for growth and muscle development. Choose from hummus, ham, cold chicken or turkey, tinned fish, eggs or cheese.
- Fluids are important for children. Always include a drink in the lunch box to prevent dehydration. Go for water, unsweetened fruit juice or milk as a healthy option. Stay away from sugary and fizzy drinks.
- Make sweet stuff, such as chocolate, biscuits and cakes an occasional treat rather than an everyday lunch item (some schools prohibit chocolate snacks & biscuits as part of school lunches).
- Involve the kids. Fussy children are more likely to eat a lunch that they have helped make.
- Overall try not to give the same foods on consecutive days. Make the lunchbox interesting - add different types of bread each day etc.