

Ideas for a Healthy Lunch Box or School Snack

We know it can be difficult to find new ideas and healthier alternatives for your child to try. We hope you find some of our ideas useful. We recognise that not all children like all fruits and vegetables, so even if we can make some small changes, this can, over time, make a big difference.

Keep a look out at this page for updates; our school Change Makers are currently working with teachers to think of some new and exciting ideas to try at home!



Melon balls- quick to prepare!



Savoury muffins – great for adding vegetables



Pinwheel wraps – use whole meal wraps for more goodness.



Some children prefer a 'picky' lunch. Use silicone cupcake molds to keep ingredients separated.



Make home-made pizza, topped with your child's favourite toppings. Delicious cold too.



There are lots of low sugar granola bar recipes online.

Store-cupboard staples can be a quick and affordable idea.



Fruit infused water can encourage your child to drink more fluids.

Low sugar cereals,
such as Cheerios



Ham roll-ups. Fill with
cucumber or cream cheese.



Cubed cheese and sliced
grapes – try a mild cheese
for reluctant children.

Use up ripe bananas in a
healthy banana loaf – low
sugar recipes available
online.



Oatcakes dipped in cream
cheese or a little bit of
honey.

Falafels are a tasty and
filling option.

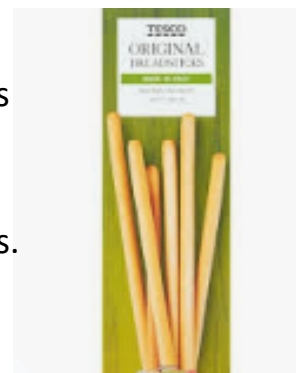


Homemade
popcorn



Switch to a
low sugar jam.

Bread sticks
are a plain
option for
picky eaters.



Cold pasta and rice
dishes can be
made in advance.

