

Chicken sandwich
Breadsticks
Light cheese dip
Grapes
Carrot sticks
Low fat fromage frais
Fruit juice
Lewys
Coombe Bissett Primary



Cheese, lettuce and grated carrot wraps
Cheesy breadsticks
Blueberries and raspberries
Grapes
Low fat fromage frais
Homemade flapjack
Orange Juice
Harvey
St. Paul's Primary School



Tuna, pasta, tomato and cucumber salad
Fruit bun
Pear
Satsuma
Low fat fruit yogurt
Still water
Class 4, Ivy Lane Primary School



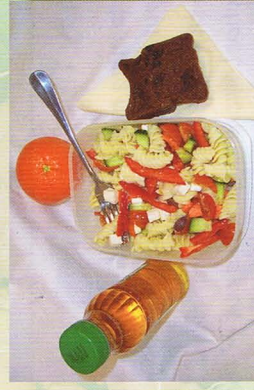
Turkey and lettuce pitta roll
Mini Cheese
Orange
Low fat fruit yogurt
Low sugar cereal bar
Fruit smoothie
Jamie
Ashton Keynes Primary School



Pick a Packed Lunch

Ideas for a healthy packed lunch
designed by Wiltshire's young people

Fruit • Pasta • Vegetables



This leaflet has been produced using children's ideas of a healthy lunch from a competition run in Wiltshire schools during 2007. The leaflet has been approved by Wiltshire's School Nutrition Action Group and Community Dietitians from the Wiltshire Primary Care Trust.

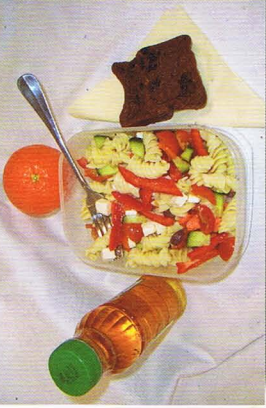
Corn wrap with ham and tomato
 Carrot sticks
 Apple
 Low fat fruit yogurt
 Low sugar cereal bar
 Still water
 Oscar
 Wilton & Barford St. Martin Primary



Cheese, cucumber and tomato
 Sandwich on brown bread
 Apricots
 Banana
 Homemade flapjack
 Still water
 Corey
 St. John's School and Community College,
 Marlborough



Wholemeal tuna and cucumber roll
 Tomatoes
 Mini Cheese
 Satsuma
 Low fat fruit fromage frais
 Apple Juice
 Sophie
 Greentrees Primary School



Pasta salad made from carrots, olives, feta
 cheese, tomato, sweet peppers and cucumber
 Orange
 Malt loaf
 Fresh fruit juice
 Lexie
 St. John's School and Community College,
 Marlborough



Egg sandwich on brown bread
 Rice salad with chicken, peas, carrots, peppers
 and mushrooms
 Lettuce and tomato side salad
 Apple
 Low fat fruit yogurt
 Orange juice
 Louise
 Woodlands Primary

Handy Tips:

- ✓ Pre-planning makes life easier. Think ahead about fillings and types of bread and put them on your shopping list
- ✓ Keep the lunchbox cool all year round by packing it with an ice pack or chiller pack. At school, store lunchboxes out of the sun and away from radiators
- ✓ Small cartons of frozen fruit juice can be packed with sandwiches to keep them cool
- ✓ Try making sandwiches with frozen bread, they will defrost in time for lunch
- ✓ Remember it is okay to include a treat in your lunch box every now and then!
- ✓ Having enough to drink is as important as having the right foods to eat

Include daily, foods such as:

- ✓ A generous portion of bread or equivalent (eg. pasta or rice)
- ✓ Fruit and vegetables - 2 or more items
- ✓ Meat, fish and alternatives - one serving
- ✓ Milk and dairy foods - 1 or 2 items
- ✓ Fatty and sugary foods - small helping
- ✓ Drink - water, milk or diluted unsweetened fruit juice*.

* Undiluted fruit juice can be provided occasionally. Please be advised that the acidity in undiluted juice can damage tooth enamel

'Whilst judging the entries to the Packed Lunch Competition, we looked for packed lunches that were colourful, with contrasting textures, easy to eat within a limited time, easy to prepare and easy to transport.'