



Healthy Lunch Boxes & Snacks for Your Child

As parents, you play a key role in helping your child eat well at school. Healthy lunch boxes give children energy, concentration, and the nutrients they need to grow strong and stay healthy.

Why a Healthy Lunch Box Matters

- **Supports learning and concentration:** Children who eat nutritious foods can focus better in class.
- **Promotes growth and development:** Protein, vitamins, and minerals are essential for healthy muscles and bones.
- **Maintains steady energy levels:** Avoiding high-sugar snacks helps prevent mid-morning energy crashes.
- **Encourages healthy habits for life:** Developing a taste for healthy foods early sets lifelong patterns.

Building a Balanced Lunch Box

A healthy lunch box should include foods from each group:

1. Protein (muscle & growth)

- Lean meats (chicken, turkey)
- Eggs
- Cheese
- Hummus or beans

2. Carbohydrates (energy for learning & play)

- Wholemeal bread, wraps, or rolls
- Pasta or rice salads
- Crackers or pitta bread

3. Fruits & Vegetables (vitamins & minerals)

- Fresh fruit (apple, banana, grapes, berries)
- Raw vegetables (carrot sticks, cucumber, cherry tomatoes)
- Small fruit salad or veggie dips

4. Drinks

- Water (best choice)
- Milk
- Small portions of unsweetened fruit juice

Snacks to Limit

- Crisps, chocolate, and sweets
- Sugary drinks
- Cakes, pastries, and other high-sugar treats

Tip: Save treats for home or special occasions rather than daily school snacks.

Healthy Snack Ideas

- Veggie sticks with hummus or yogurt dip
- Cheese cubes with wholegrain crackers
- Yogurt with fresh fruit or oats

Top Tips for Parents

- **Get children involved:** Let them help pack their lunch—kids are more likely to eat what they help prepare.
- **Variety is key:** Rotate fruits, veggies, and proteins to keep lunchboxes interesting.
- **Keep it simple:** Nutritious lunches don't need to be complicated—fresh, whole foods work best.
- **Model healthy habits:** Children mimic what they see—if they see you choosing healthy options, they're more likely to do the same.

A healthy lunch box = a happy, focused, and energetic child ready to learn!