

Chicken sandwich
Breadsticks
Light cheese dip
Grapes
Carrot sticks
Low fat fromage frais
Fruit juice

Lewis
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

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.



improving life in Wiltshire

AMESBURY BRADFORD ON AVON CALNE CHIPPENHAM CORSHAM DEVIZES DOWNTON MALMESBURY MARLBOROUGH MELKSHAM MERE PEWSEY
SALISBURY TIDWORTH TISBURY TROWBRIDGE WARMINSTER WESTBURY WILTON WOOTTON BASSETT & CRICKLADE WILTSHIRE'S COMMUNITY AREAS

Pick a Packed Lunch

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

Fruit · Pasta · Vegetables









Juice • Sandwiches • Salad







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

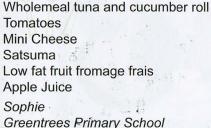


Sandwich on brown bread
Apricots
Banana
Homemade flapjack
Still water

Cheese, cucumber and tomato



Corey
St. John's School and Community College,
Marlborough





- ✓ 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!
- lacktriangledown Having enough to drink is as important as having the right foods to eat



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

Include daily, foods such as:

- \checkmark 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 I 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'.