



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

Lewis  
Coombe Bissett Primary



Cheese, lettuce and grated carrot wraps  
Cheesy breadsticks  
Blueberries and raspberries  
Grapes  
Low fat fromage fraise  
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.

# 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



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

### *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'.*

### **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