



## Lunch Box Ideas & Healthy Choices

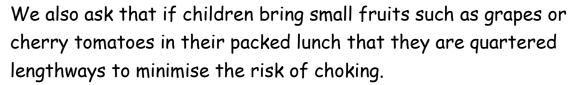


Blackwood Primary and Early Learning and Childcare

Blackwood Primary and ELC is a nut free zone. We ask that children do not bring anything in their packed lunch that contains or may contain nuts. Some items include:

- Snickers or Lion Bar
- Chocolate spread (such as Nutella)
- Peanut butter
- Peanuts
- Kinder Bueno Bars

If in any doubt please speak to a member of staff.



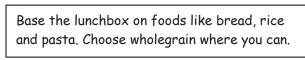




Please remember to put an ice block in your child's packed lunch box to keep it cool and fresh.



## Lunchbox Tips



Add veg such as peppers, carrots and cucumber. Adding a small tub of dip like hummus or mayonnaise may help with getting your child to eat vegetables.

Swap sweets, cereal bars and chocolate for malt loaf such as Soren, cheese, rice cakes or pancakes. Add Fruit such as strawberries, blueberries, bananas, grapes, satsumas and melon. Tinned or dried fruit counts too and is easy to store. Examples of these might be raisins, apricots or sultanas.

Add lower fat or lower sugar fromage frais, natural yoghurt or sugar free jelly.

## Sandwich Filling Ideas-

- Ham
- Cheese (cream cheese or cheddar)
- Tuna Mayonnaise

- Egg Mayonnaise
- Chicken

Adding vegetables or salad to your child's sandwich is a great way to encourage them to eat some of their 5 a day, for example, cheese and tomato, tuna mayonnaise and cucumber, ham/chicken and lettuce, egg mayonnaise and cress.