



Be Box Clever!



The food Standards Agency says....

The trick to packing a lunch that you will look forward to is to keep it interesting, but that doesn't mean you have to compromise on the healthy stuff. According to the Food Standards Agency, there are a few simple rules you should bear in mind when you're filling your lunchboxes.

- ☺ Make sure you include some **starchy carbohydrates** to get enough energy to get through the day – bread, pittas, baguettes, rolls and wraps, making sure some are of the wholemeal or multigrain variety.
- ☺ The next important ingredient is **protein**, which you can get in the form of lean meat, fish, cheese and pulses (beans and chickpeas).
- ☺ Then there's a **5-a-day** rule. As well as helping to fill you up, you can ensure you get at least 2 of their 5-a-day by giving yourself a couple of pieces of fruit. But make it interesting – an apple and banana one day, some chopped up melon and grapes the next. You can even have small packs of dried fruit. Dips are popular too, so try one and get another one of your 5-a-day with some chopped veg, such as carrots, pepper, celery and broccoli, to dip into houmous, cottage cheese or guacamole.
- ☺ The best **drink** is water or milk, but you could also have pure fruit juice, yoghurt drinks or smoothies.

Some healthy lunchbox suggestions:

Veggie wrap – houmous or soft cheese, grated carrot and shredded lettuce.

Turkey pasta salad – pasta mixed with equal amounts of natural yoghurt and light mayonnaise, turkey, carrot, sweetcorn, cucumber and red pepper.

Chicken sarnie – brown roll filled with chicken, sweetcorn, red pepper and light mayonnaise to bind.

Brie Baguette – Baguette with brie, cranberry sauce and slices of apple.

Cous cous salad – cous cous mixed with cooked ham, chopped spring onions, cucumber, tomatoes and a little honey and mustard salad dressing.

Mini Omelettes – Use a muffin tray in the oven on 180C for 15-20 minutes. Grease your tray. Ingredients: ham cut up, grated cheese, some chopped chives and sweetcorn. Put a little bit of each in every muffin hole. Break the eggs, add the milk and beat with some seasoning. Pour into the muffin holes. Serve with salad.

