

How to get healthier items into your child's lunchbox

- Limit choice – don't ask your child what they want for lunch but offer 2 – 3 choices or get your child to help plan a week's menu
- Involve your child in preparing their lunchbox
- Let your child choose the lunchbox container they would like – it doesn't matter as long as it is practical, robust and hygienic
- Talk to your children about why it is important to eat healthier foods
- Don't reward children with unhealthy food
- Get your child to try new foods
- Eat the same foods as your children
- Don't expect miracles overnight – take a gradual approach to changing your child's lunchbox
- Keep getting your child to try foods they don't like in different formats



Keep me cool, keep me clean!

- Wash your hands before handling food
- Wash fruit and veg before you prepare or eat them
- If you make your lunch the night before, keep it in the fridge
- Put your food in a clean plastic box
- Keep chopped fruit or veg fresh in a small box with a lid
- Keep sandwiches moist in greaseproof paper, plastic bags or tin foil
- Keep food cool – add a little freezer pack or a bottle of frozen water.
- Don't leave your lunchbox near a radiator – or in the sunlight!

