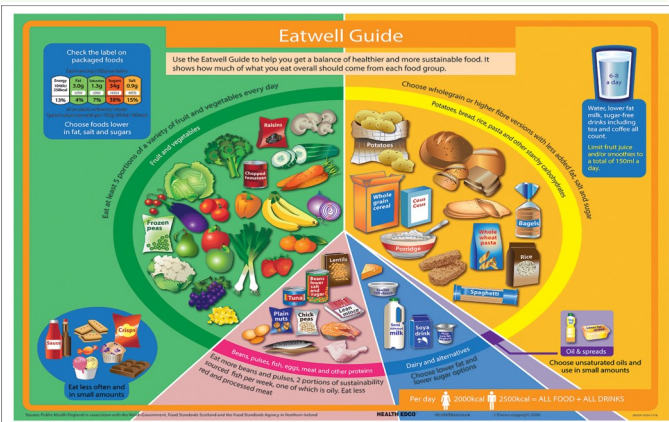


Healthy Eating

- A balanced diet will help children to grow, develop and enjoy good health.
- Check the label - learn more about the food in your cupboard and fridge!
- It is important that children are encouraged to choose and try a variety of different foods - children love to copy their parents so join in and try new foods with your child.
- By choosing different textures and tastes, children will benefit from a wide range of nutrients.
- Introduce new flavours alongside known favourites.
- Foods with different colours and textures can make a meal look more interesting and tasty.
- For healthy bodies, cut down on sugar, fat and salt. Try not to add these when cooking - use pepper and spices or herbs to add flavour.
- Avoid a reliance on high fat, salt or sugary ready made food or drinks - save these for special occasions.
- Keep snack times free from sugary food and drinks.



Lunchbox Safety

- Pack food in a clean lunchbox or coolbag for each day.
- Do not leave lunchboxes/bags in direct sunlight or near heaters.
- Keep your lunchbox/bag in the fridge overnight if prepared the day before.
- Use an ice pack or chilled water bottle to help keep food cooler until lunchtime.
- Wash hands before preparation and eating.
- Wash any fruit or raw vegetables when preparing a packed lunch.
- Use smaller containers or bags to separate chopped fruit/veg from wraps, sandwiches or rolls.

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Further Information:

Food Standards Scotland

www.foodstandards.gov.scot
facebook.com/FoodStandardsScotland

Eat Better Feel Better

www.eatbetterfeelbetter.co.uk
facebook.com/eatbetterscotland


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NHS Shetland

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Sometimes it's tricky to think of different ideas for your child's lunchbox if they choose not to have school meals.

This leaflet aims to provide some tasty inspiration based on the EATWELL Guide!

Fruit & Vegetables Choose 2 portions	Carbohydrates Choose 1 portion	Proteins Choose 1 portion	Dairy & Alternatives Choose 1 portion	Drinks Choose 1 portion
<p>Mixed salad</p> <ul style="list-style-type: none"> ◇ Lettuce leaves ◇ Cucumber ◇ Carrot ◇ Peppers ◇ Celery ◇ Sugarsnap Peas ◇ Cherry tomatoes ◇ Sweetcorn ◇ Broccoli <p>Sweet potato Pumpkin Apples Bananas Melon Plums Clementines Pears Kiwi Fruit Berries</p> 	<p>Bread (wholewheat is best)</p> <ul style="list-style-type: none"> ◇ Rolls ◇ Bagels ◇ Toasties ◇ Sandwiches <p>Pitta Pockets Tortilla Wraps Oatcakes Ricecakes Homemade Pizza Slice Plain Noodles Pasta Rice Quinoa Couscous</p> 	<p>Fresh Fish</p> <ul style="list-style-type: none"> ◇ Tuna ◇ Salmon ◇ Sardines ◇ Mackerel ◇ Trout ◇ Fish fingers ◇ Prawns/shellfish <p>Chicken Turkey breast Lean beef</p>  <p>Pork Ham (choose lower salt) Hard boiled egg Lentils Baked Beans Kidney beans Soy beans Hummus Chickpeas Tofu Peanut butter (!Allergen)</p>	<p>Low fat cheese</p> <ul style="list-style-type: none"> ◇ Grated ◇ Sliced ◇ Cubed ◇ Cheese spread ◇ Cottage cheese <p>Tzatziki Dip Natural/ Greek yoghurt Low sugar rice pudding Low sugar custard</p> 	<p>Water (tap or bottled) Milk (semi or skimmed) Low sugar plant-based milk</p> <ul style="list-style-type: none"> ◇ Oat ◇ Almond ◇ Coconut ◇ Soya <p><u>Strictly mealtimes only as although these provide vitamins and fibre, they are also loaded with acid and free sugars ↓:</u></p> <ul style="list-style-type: none"> ◇ Fresh fruit juice (max 150ml per day) ◇ Fresh Fruit Smoothies ◇ Diluting juice drinks ◇ Flavoured water 



A portion is roughly what will fit in the palm of your child's hand.

