Healthy Active Little Ones (HALO)

Lunchbox Ideas

East Sussex County Council

Early Help 0-19 Service

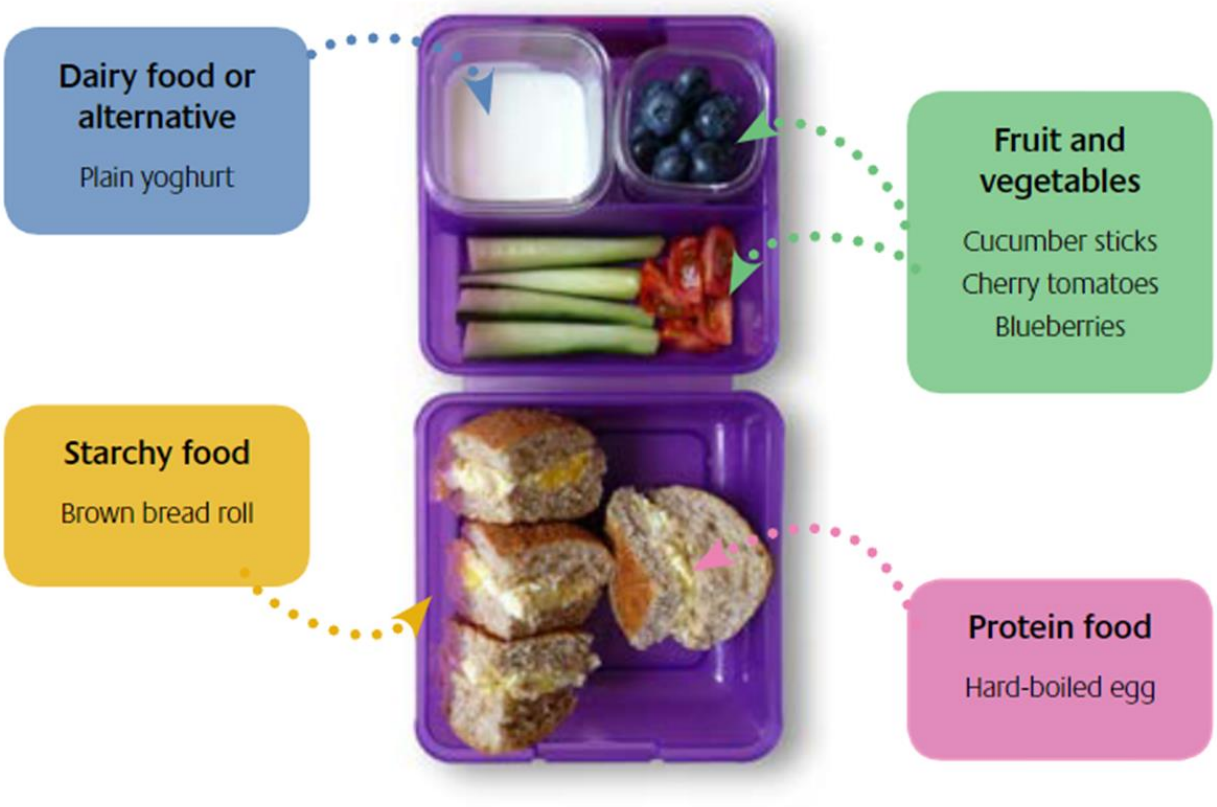
Food Portions

1 or 2 portions of STARCHY FOOD	1 portion of PROTEIN FOOD: meat, fish, eggs, beans, lentils or other alternatives	At least 1 portion of VEGETABLES	At least 1 portion of FRUIT	At least 1 portion of MILK OR DAIRY FOODS, or alternatives
For example: White or wholegrain bread or rolls, bagel, tortilla or wrap, pitta bread or chapatti Cooked potato, yam, pasta, noodles, rice, couscous, polenta or other grains Fruit bun, malt loaf or raisin bread	For example: Chicken, turkey, beef, lamb, pork, sardine, tuna or salmon Egg Houmous or other pulses and beans Dahl or other lentil dishes Tahini or other seed spreads Tofu Nut butters	For example: Cucumber Carrots Tomatoes Celery Red or green peppers Sweetcorn Mixed salad Green beans Sugar snap peas Peas	For example: Apple Pear Banana Clementine Strawberries Grapes Kiwi Melon Pineapple Mango Fruit canned in fruit juice Dried fruit: raisins, apricots, figs or dates	For example: **Milk to drink:** Whole milk for children under 2 years Semi-skimmed milk for children 2 years and over **Dairy-free milk alternatives:** Unsweetened calcium-fortified soya milk, oat milk or almond milk **Dairy foods:** Plain yoghurt Plain fromage frais Cheese Rice pudding Semolina pudding Custard

Portions in a Lunchbox

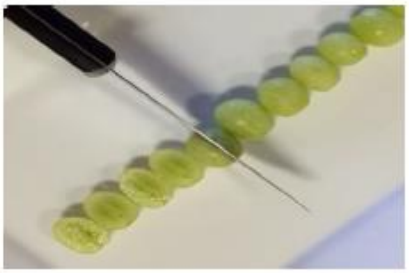
- Dairy
- Starchy Food
- Fruit & Vegetables
- Protein

Egg roll, cucumber and tomato, and yoghurt and blueberries



Food Safety

1 grape cut into 4 Pieces



1 cocktail sausage cut into 4 pieces

1 tomato cut into 4 pieces

Photographs: Thanks to Dragonflies Nursery

Choking – babies and young children are still learning to chew, swallow and breathe in the right order. There's no sound to warn you. But there are simple ways to stop it happening.

- Don't prop a baby's bottle up to feed them
- Cut round food like grapes, tomatoes and big blueberries in half lengthways or quarters, not just across
- Cut hard food like carrots, apples, sausages and cheese into thin strips, and chop nuts up small
- Avoid popcorn, marshmallows and hard round sweets like mini eggs or boiled sweets
- Put small parts from older children's toys out of reach
- Watch the Chokeables film for first aid advice **www.sja.org.uk/thechokeables**

child accident prevention trust

Lunchbox Example 1

Tuna and sweetcorn pasta, red pepper, celery, malt loaf and melon

EF ££

Check that the pasta is egg free.

- 3-4 tablespoons tuna and sweetcorn pasta (165g) (See recipe below.)
- 4 strips red pepper (30g)
- 3 sticks celery (30g)
- 1 slice fruited malt bread (35g)
- 1/8 melon, cubed (50g)

RECIPE

Tuna and sweetcorn pasta

This recipe makes 4 portions of about 165g.

- 120g dried pasta, boiled until tender
- 4 tablespoons sweetcorn canned in water (120g)
- 1 can (160g) tuna in brine, drained (drained weight 120g)
- 2 tablespoons medium fat soft cheese (80g)

1. Boil the pasta, following the instructions on the packet.
2. When cooked, drain the pasta and immediately toss it with all the other ingredients until well mixed.

Lunchbox Example 2

Pitta bread with houmous and carrot, banana and soya milk drink

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- 1 pitta bread (60g)
- 1 falafel (25g)
- 1 heaped tablespoon houmous (60g) (See recipe below.)
- 4 carrot sticks (40g)
- 1 banana
- 150ml unsweetened calcium-fortified soya milk

RECIPE

Houmous

This recipe makes 4 portions of about 60g.

- 1 large can (400g) chickpeas, drained (240g drained weight)
- ½ teaspoon garlic paste
- 1 tablespoon (30g) tahini (sesame seed spread)
- 1 teaspoon lemon juice
- 1 tablespoon water

1. Place all the ingredients in a blender and blitz to the desired consistency. Houmous can be smooth or lumpy.
2. If you don't have a blender, you can mash the ingredients together with a fork.

Lunchbox Example 3

Chicken tortilla, carrot sticks, satsuma segments and Greek yoghurt

EF ££

- 1/4 cooked breast of chicken (40g), cut into strips
- 1/8 cucumber, cut into thin strips
- 1 tortilla or wrap
- 3 baby carrots (40g), topped and tailed, washed, and cut in half lengthways
- 1/4 green pepper, washed and cut into sticks
- 1 satsuma or clementine, divided into segments
- 1 large tablespoon (40g) Greek yoghurt

Lunchbox Example 4

Dahl, chapatti, rice and tomato, and soya yoghurt with grapes

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- 1 small chapatti (30g)
- 2-3 tablespoons dahl (80g) (See recipe below.)
- 1-2 tablespoons cooked white or brown rice (50g)
- ½ tomato, chopped (30g)
- 2 tablespoons soya yoghurt (60g)
- 10-12 grapes, halved (40g)

RECIPE

Dahl

This recipe makes 4 portions of about 80g each.

- 75g red lentils
- 300ml water
- ½ onion, diced
- ½ teaspoon garlic paste
- ½ teaspoon turmeric powder

1. Place all the ingredients in a pan and bring to the boil.
2. Simmer for 15 minutes until the lentils are soft.

Lunchbox Example 5

Mixed beans, pitta bread, houmous and cucumber, and apple sauce and custard

EF V ££

- 2-3 tablespoons (75g) canned mixed beans, drained (Choose canned beans in water.)
- 1 tablespoon houmous (See recipe on page 34.)
- ¾ pitta bread, sliced (40g)
- 6 sticks cucumber (40g)
- 2 tablespoons custard (40g) (See recipe below.)
- 1 tablespoon apple sauce (30g) See recipe below.)

RECIPE

Custard

This recipe makes 4 portions of about 60g.

- 1 heaped tablespoon custard powder
- 250ml semi-skimmed milk

1. Mix the custard powder with a little of the cold milk. Bring the rest of the milk to the boil in a saucepan.
2. Add the custard powder mixture to the hot milk and simmer until thickened, stirring all the time.

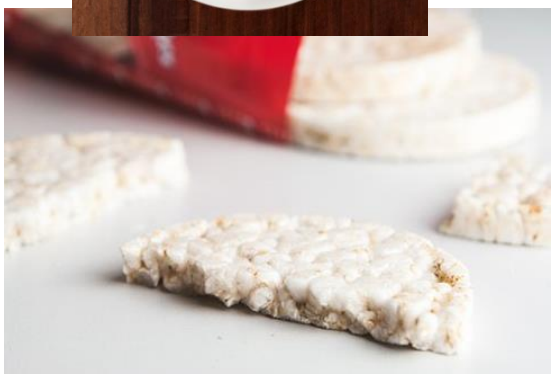
Apple sauce

This recipe makes 4 portions of about 30g.

- 2 medium eating apples, peeled and cored
- 1 tablespoon water

1. Cut the apple into small pieces. Place in a saucepan with the water and gently bring to a simmer, stirring until the apple cooks down to a sauce consistency.

Gluten-Free Options



Making a gluten-free lunch box

Potatoes, rice and maize (corn) are all naturally gluten-free and are easy and versatile options when making gluten-free packed lunches.

Instead of ...	Use these gluten-free options ...
Bread or rolls	Bread made with gluten-free flour, buckwheat flour, or cornmeal, or combinations of gluten-free flours such as rice flour, potato flour, maize flour, corn flour, soya flour or tapioca flour
Scones	Potato cakes made with rice flour
Crackers	Rice cakes
Wraps or chapattis	Flat breads made with chickpea flour or maize flour
Tortilla	Cornmeal or maize flour tortilla
Pasta	Rice, quinoa, buckwheat or potatoes; gnocchi made with potatoes and rice flour; polenta (made with cornmeal)
Noodles	Rice noodles

Dairy Alternatives

Milk and non-dairy milk alternatives

Where mothers choose to breastfeed their toddler into the second year and beyond, this should be supported, and parents may choose to continue providing expressed breastmilk as the main milk for children in the 1-4 age range. Soya-based fortified toddler milks are not recommended for use as these are sweetened.

If parents are no longer breastfeeding, or are breastfeeding before and after children attend an early years setting, children aged 1-4 years will need a non-dairy milk alternative at snack or meal times. There are a number of non-dairy milk alternatives available, and the milk offered should be unsweetened and fortified. Below, we give information about some of the unsweetened fortified milk alternatives that are available, and compare them with whole cows' milk.

		Non-dairy milk alternatives for vegan children				
Per 100ml	**Whole cows' milk[1]**	**Unsweetened fortified oat milk alternative[2]**	**Unsweetened fortified soya milk alternative[3]**	**Unsweetened fortified hemp milk alternative[4]**	**Unsweetened fortified coconut milk alternative[5]**	**Unsweetened fortified almond milk alternative[6]**
Energy kcal	63	46	33	26	20	13
Protein g	3.4	1.0	3.3	0.3	0.1	0.4
Carbohydrate g	4.6	6.7	1.0	0.1	2.7	Nil
Fat g	3.6	1.5	1.8	2.7	0.9	1.1
Vitamin D micrograms	Trace	1.5	0.8	Not added	0.75	0.75
Riboflavin mg	0.23	0.21	0.2	Not added	Not added	0.21
Vitamin B12 micrograms	0.9	0.38	0.4	Not added	0.38	0.38
Calcium mg	120	120	120	Not added	120	120
Iodine[7] micrograms	31	8	13	16	8	6
Salt g	0.1	0.1	0.1	Trace	0.13	0.13
Price* per 100ml	7p	15p	10p	25p	18p	18p

Drinks

A drink – to help with hydration and concentration.

- Water – is the best choice.
- Milk – use whole milk (for children aged one to two) or semi-skimmed (for children aged two and over).
- Avoid squash, fizzy drinks, and flavoured water even if labelled 'sugar free', 'no added sugar' or 'reduced sugar'. These can contribute to tooth decay and have little nutritional value.

Avoid Hidden Sugars

Be aware of hidden sugars within processed and convenient foods.

Resources

- Further information about smart shopping can be found here: https://letsgetcooking.org.uk/lets-get-cooking-at-home/how-to/get-started/smart-shopping/

- Further information on batching and freezing can be found here: https://letsgetcooking.org.uk/lets-get-cooking-at-home/how-to/get-started/batching-and-freezing/

- First Steps Nutrition: https://www.firststepsnutrition.org/eating-well-early-years

- Eat better, start better a practical guide - https://www.foundationyears.org.uk/wp-content/uploads/2017/11/Eat-Better-Start-Better1.pdf

- HENRY - https://www.henry.org.uk/recipes?gclid=EAIaIQobChMIrdDlo-605AIVCLLtCh0r2QWFEAAYASAAEgJtFvD_BwE

- Children's food trust, lets get cooking at home – https://letsgetcooking.org.uk/lets-get-cooking-at-home/hundreds-of-recipes/

HALO Contacts

If you would like to know more about healthy lunchboxes, please get in touch at:

HealthyActiveLittleOnes@eastsussex.gov.uk

Images **and** resources from First Steps Nutrition Trust