

Lunch Time Top Tips

- To keep lunch boxes fresh pop in frozen fromage frais tubes or boxed drinks wrapped in kitchen roll to act as a cooler.
- Fed up of the same bread- try different grains, naan, pitta, rice, tortilla, oatcakes, scone, malt loaf or even hot cross buns.
- Watch out for hidden sugars in drinks marketed as healthy. Ingredients ending in **ose** - glucose, fructose, sucrose etc. are a form of sugar in disguise. Drinks ideally should be water, milk or smoothies (or if desperate diluted high juice cordials).
- Colour is good. Processed food is often brown (burgers, chips, sausage rolls etc.) but fruit and veg is colourful food and much more appealing to the eye.
- To save time prepare a few days sandwiches in one go and wrap in portions to pull out of the freezer as needed.
- For smaller portions of crisps and to cut down on salt, put half a packet in to a plastic pot. Bread sticks are a crunchy alternative or cheese biscuits.
- New foods can take some time to get used to. Encourage and praise the trying of new tastes even if they do not eat it all -they'll get there eventually.
- Cheese strings can be over salty but a cube of cheese off the block is just as good.
- Avoid anything with a long best before date. A bread bag that can last three months will probably preserve you from the inside.
- Life is for living and food for enjoying so all things in moderation is the key.
- Portion size - A guide for meals is a chicken breast for an adult, half of that for a 4 - 12 yr old and third for 1 to 3 years. A slice of bread is a portion for 6 - 12 yr olds and half for 1-5 years. Your child's stomach is the size of their clenched fist which may give you a guide as to how much is needed on their plate.