

Healthy Packed Lunch examples:

Ideas suitable for children over the age of one year

1



Hummus and grated carrot/sweetcorn wrap

Vegetable sticks - e.g cucumber battons

Raisins or fruit on top of plain yogurt

Re-useable water bottle with plain water

Pasta with tomato sauce and chickpeas/kidney beans

Grated cheese

Piece of fruit - e.g. satsuma/banana

Re-useable water bottle with plain water



2



Tuna and sweetcorn in a sandwich (wholemeal bread)

Vegetable sticks - e.g carrot sticks

Fruit or raisins on top of plain yogurt

Re-useable water bottle with plain water



3



Please ask your setting to provide water