

More ideas for packed lunches

Vegetables & fruits

Include brightly coloured vegetables and fruits every day.

- ◆ Try vegetable sticks (carrot, sweet pepper, cucumber, broccoli florets) with hummus or salsa dip
- ◆ Prepare fruits so that they are ready-to-eat and place in small containers so they stay fresh
- ◆ Fruit cups or apple sauce snacks are convenient alternatives

Beverages

- ◆ Water
- ◆ Fat free milk
- ◆ 100% fruit juice
- ◆ Coconut water
- ◆ Smoothies made with fat free milk or low fat yogurt
- ◆ Calcium-enriched soy milk
- ◆ Yogurt drinks

Sweets & snacks

- ◆ Having a healthy lunch does not mean giving up all the treats children enjoy. A slice of cassava pone, coconut or banana bread, small pack of chips, or a few cookies can be included in the lunch box

When buying sweets and snacks, read Nutrition Facts labels and choose snacks that are 100 calories (or less) per serving

The Caribbean Food Groups

FOOD GROUP	EXAMPLE OF FOODS
STAPLES	Oat flakes, rice, pasta, cou-cou, corn, bread, biscuit, English potato, yam, sweet potato, breadfruit, cassava, plantain, green banana
LEGUMES	Dried peas & beans, nuts, peanut butter, soy products (granules & chunks, veggie burgers, tofu, soy milk) bean dips like hummus
FOODS FROM ANIMALS	Meat, chicken, turkey, fish (including canned fish), eggs, milk, yogurt, cheese
FRUITS	Banana, pawpaw, mango, orange, cherries, soursop, guavas, golden apple, grapefruit, pineapple - fruit can be fresh, canned or dried 100% fruit juice
VEGETABLES	Spinach, broccoli, cabbage, pumpkin, string beans, carrots, squash, lettuce, cucumber, tomato - vegetables can be fresh, frozen or canned 100% vegetable juice
FATS & OILS	Vegetable oils, margarine, butter, mayonnaise, avocado pear Sweets are also included in this food group

Childhood Nutrition Series



Healthy Foods for Children & Young People **PACKED LUNCHES**

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Packed Lunches

Packed lunches for children and young people should include a variety of foods from the **Caribbean Food Groups** (see chart overleaf).

A nutritious packed lunch should contain:

- ◆ Staples
- ◆ Foods from Animals or Legumes
- ◆ Fat free milk, low fat cheese, or low fat yogurt
- ◆ Vegetables
- ◆ Fruit
- ◆ Water

Remember to include foods high in fibre and low in fat

To save time and increase acceptance when trying new foods, involve children in the selection and preparation of the meal. Some items can be prepared the evening before.

Food safety for packed lunches

The general rule to prevent food-borne illnesses is to keep hot foods hot and cold foods cold.

Suitable flasks, ice packs, and insulated containers help to keep foods at safe temperatures.

Monday:

- ◆ Multigrain bread
- ◆ Sliced chicken breast, lettuce and tomato
- ◆ Fat free milk
- ◆ Fresh fruit
- ◆ Mini muffins



Tuesday:

- ◆ Whole wheat wrap with low fat cheese, lettuce and salsa
- ◆ Low fat yogurt
- ◆ Fresh fruit
- ◆ Small pack plain chips
- ◆ 100% fruit juice



Wednesday:

- ◆ Tuna pasta salad with sweet pepper and cherry tomatoes
- ◆ Fat free milk
- ◆ Banana and raisins
- ◆ Slice of coconut bread



Thursday:

- ◆ Whole wheat bun with egg, lettuce, tomato and cucumber
- ◆ Yogurt smoothie
- ◆ Fruit cup
- ◆ Chocolate cookie



Friday:

- ◆ Whole wheat wrap
- ◆ Chicken and split pea curry
- ◆ Low fat yogurt
- ◆ Broccoli florets
- ◆ Tangerine segments
- ◆ 100% fruit juice

