Ideally, a lunchbox should contain a source of starch and protein, some fruit, and a drink.

A balanced packed lunch should contain:

- Starchy foods. These are bread, rice, potatoes and pasta, and others.
- Protein foods. These are meat, fish, eggs, beans and others.
- A dairy item. This could be cheese or yoghurt.
- Vegetables or salad, and a portion of fruit.

One of the problems is that children compare the contents of their lunchboxes. If they see chocolate and crisps in someone else’s box, they may want those things themselves.

The answer is to keep it interesting

Be creative and think outside the (lunch) box!

- Try wraps instead of sandwiches, or quiche or a slice of homemade pizza.
- Pasta, couscous or rice salads are another good alternative to sandwiches, but don’t forget a fork or spoon!
- Cut fruit up or give seedless grapes to make it easier to eat.
- Offer cherry tomatoes, carrot, capsicum or cucumber sticks with a favourite dip.
- Give your child water instead of fruit drinks or juices.

Get your child involved with everything from choosing a lunchbox to preparing the foods to go in it. When you go to the supermarket, let your child choose the fruit or vegetables, or sandwich fillings that you buy. If possible, let them help you to make the salad or sandwich, cut up and wrap the fruit, and fill their own water bottle.

The more involved your child has been in the preparation, the more they’ll want to eat it!

For Brain and Physical development a healthy lunchbox means plenty of foods that contain the nutrients that children need, and fewer foods that are high in sugar and saturated fat.

http://www.bbc.co.uk/cbeebies/grownups/article/fun-ideas-for-healthy-lunchboxes
http://www.nhs.uk/Livewell/childhealth6-15/Pages/Lighterlunchboxes.aspx