Lunch box shopping list

Date: _____

Choose one or two items from each food group below or an alternative to create your own healthy lunch box

*Please note some people have food allergies.
Check with your setting before sending in food.

Protein

- Chicken ☐
- Hummus ☐
- Eggs ☐
- Tofu ☐

Fruit & Vegetables

- Banana ☐
- Carrot ☐
- Blueberries ☐
- Cucumber ☐

Carbohydrate

- Bread ☐
- Chapati ☐
- Crackers ☐
- Pasta ☐

Dairy or alternative

- Cheese/soft cheese ☐
- Plain yoghurt ☐
- Plant based alternative ☐

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After school snacks/drinks

To keep your child's teeth healthy, encourage them to snack on sugar free foods/drinks after school.

Healthy snack & drink ideas for after school

- [ ] Veg sticks & Hummus
- [ ] Rice Cakes & Breadsticks
- [ ] Vegan/Cheese & Crackers
- [ ] Oat/Nut/Cows Milk
- [ ] Nuts & Seeds
- [ ] Whole Fruit
- [ ] Natural Yogurt
- [ ] Water

*Please note some people have food allergies.
Check with your setting before sending in food.

Many snacks marketed for children contain high amounts of sugar – always check the label before you buy.

Label	Amount of sugar (per 100g)	What it means
Low sugar	5g or less	Best choice - tooth-friendly snack
Medium sugar	Between 5g and 22.5g	OK in moderation - check portion size
High sugar	More than 22.5g	Avoid or keep for occasional treats

Drinks: Low sugar = 2.5g or less per 100ml
High sugar = more than 11.25g per 100ml

Tip for parents: Always check the per 100g/100ml column on the label, not just the portion size.

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Many snacks marketed for children contain high amounts of sugar – always check the label before you buy.

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label	Amount of sugar (per 100g)	What it means
Low Sugar	5g or less	Best choice - low sugar snack
Medium Sugar	Between 5g and 22.5g	Okay in moderation- keep to meal times
High Sugar	More than 22.5g	Avoid or keep for occasional treats

Drinks: Low sugar = 2.5g or less per 100ml
High Sugar = more than 11.25g per 100ml

Tip: Always check the per 100g/ml column on the label, not just the portion size

Healthy snack & drink ideas for after school

- [ ] Veg sticks & Hummus
- [ ] Rice Cakes & Breadsticks
- [ ] Vegan/Cheese & Crackers
- [ ] Oat/Nut/Cows Milk (sugar free)
- [ ] Nuts & Seeds
- [ ] Whole Fruit
- [ ] Natural Yogurt
- [ ] Water

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