

Lunch Box Blues?



Do you get stuck in a rut putting the same things in your child's lunch box every day? It may be that they have their favourite foods or they just aren't keen on trying new things, or that you feel too busy to plan something different so it's easier to keep it the same every day. We all need inspiring at times, to create interesting, delicious and healthy lunches for our children.

Below are links to some great ideas for quick and easy ways to send your child off to school with a happy healthy lunch box. There are some really useful tips too so why not give them a go, remember you don't have to try them all at once. So let's get inspired and beat those lunch box blues!

According to [NHS choices](https://www.nhs.uk/choices) a balanced lunchbox should contain:

- ✚ One of the following starchy foods; bread, rice, potatoes or pasta;
- ✚ Protein foods like meat, fish, eggs or beans;
- ✚ A dairy item, like cheese or yogurt;
- ✚ Vegetables or salad and a portion of fruit.



<https://www.bbcgoodfood.com/howto/guide/school-packed-lunch-inspiration>

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes>

<https://www.myfussy eater.com/category/lunchbox-ideas>