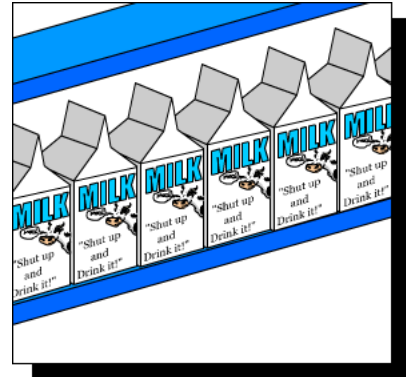


Pack my lunch!

The Irish Food Safety Promotion Board recently launched a healthy eating website aimed at kids and their parents, www.safefoodonline.ie. Kids should enjoy the online games while parents will be taking note of the very useful and practical advice to ensure all the family eats a healthy diet. 'Pack my Lunch' is an online tool to plan a varied and nutritious lunch box for the week, for each kid (and yourself if you wish!). When the lunch boxes are planned you can then print off a shopping list! It's great fun!

General healthy lunch box advice:

- A healthy lunch box should include a wide variety of foods
- The lunchbox should include at least one portion each of:
 - breads and cereals
 - fruit and vegetable food groups
 - dairy products
 - meat or an alternative (see examples below)
- Try not to offer the same foods on consecutive days
- Make an effort to add interest to the lunchbox e.g. different types of bread - pitta bread, bagels, wholemeal rolls.



Fun ideas

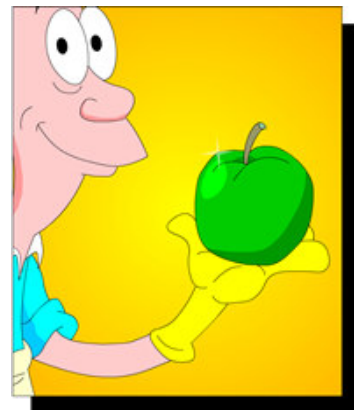
- Use biscuit cutters to cut sandwiches into fun shapes
- Theme a lunchbox on a different country e.g. Italian – add a pizza slice, Mexican – fill flour tortillas with a filling of your choice.
- In the winter or on cold days you could make some home-made soup for your child's lunchbox.

To help you get the correct portion size here's a list of examples for all the food groups:

- 1 portion of fruit or vegetable
- 2 small fruit e.g. satsuma
- 1 banana or apple
- 1 bunch of grapes
- A handful of dried fruit e.g. raisins or sultanas
- Celery or carrot sticks

1 portion of starchy foods such as bread and cereals

- A slice of bread, a bread roll, tortilla wrap, pitta bread
- A couple of handfuls of popcorn (plain, unsalted), a scone
- Slice of deep pan pizza – avoid pepperoni, sausage, spicy meat and double cheese
- 3-4 tablespoons of rice or pasta

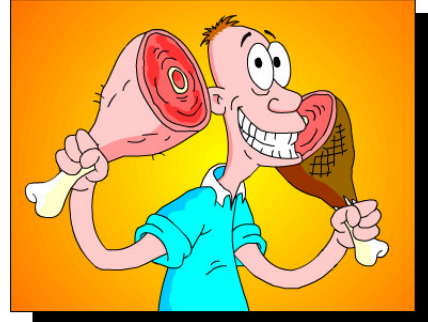


1 portion of dairy

- A pot of custard or yoghurt
- A carton/glass of milk
- A triangle of spreadable cheese or 2 cheese slices

1 portion of meat or alternatives

- One slice of meat or cheese in sandwich filling
- One hard boiled egg, 1/2 a small can of tuna or salmon
- 1-2 tablespoons of chickpea spread e.g. hummus – try out as a dip with carrots/celery



Healthier options to crisps

- Washed, chopped raw veg (e.g. sticks of carrot, celery, pepper, cucumber)
- Whole raw veg (e.g. cherry tomatoes)
- Fruit (e.g. 1 apple, 1 banana, 2 kiwis, handful of grapes, small box of raisins)
- Plain popcorn
- Dried mixed fruit (no added sugar)
- Breadsticks

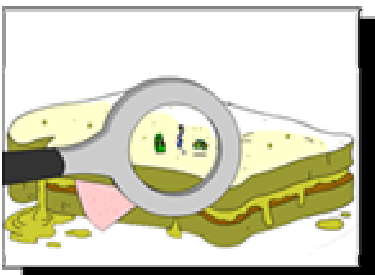
Healthier options to confectionery

- Mini tin of fruit in juice
- Fromage frais or yoghurt with crunchy bits
- Currant buns, scones, fruit breads
- Semi-sweet biscuits (e.g. Digestives)

Healthier options to fizzy drinks

- Unsweetened fruit juice
- Fizzy water or flavoured bottled water
- Milk, flavoured milk or low-fat milkshakes

Make sure it's clean and safe



Lunchboxes and drinks bottles are potential breeding grounds for germs. They should be taken home, cleared out and washed with warm soapy water everyday. A good tip is to make the lunch the night before and keep the lunchbox in the fridge overnight so they start the day really cold. Don't re-use products such as yoghurts or cheese that have not been eaten the day before as they are likely to have been out of the fridge for too long.

For further details on food hygiene and food hygiene training please check out our website (www.phoenixsafety.ie) or contact the Dublin office on 01-4730550.