

food smart lunchbox

Eating a healthy diet and staying active can contribute to improved behaviour and achievement at school.

Here are some ideas for a healthy lunchbox:

Homemade sandwiches, bagels, pittas and wholemeal rolls are great for lunch, they are filling, healthy and provide some essential vitamins.

Use low fat spread sparingly, add some extra salad.

Use lean meat, eggs, tinned tuna or banana.

Make egg mayonnaise using low fat dressing.

Cook a little extra pasta at dinner and use the following day with tuna and sweet corn.

Always include fruit or vegetables like cucumber, cherry tomatoes, carrots or celery as it adds to your “5 a day”

Low fat yogurts or creamed rice pots provide calcium which is very important for bones and teeth.

**See www.nhs.uk/change4life
for more tips and advice**

Free Food Growing Fun for families

The Beanstalk Project

offers children and families the chance to learn about food growing. We hold FREE holiday activities around the borough and regular "hands-on" events on our community allotment plot in Carshalton.



- want to grow food with your children?
- looking for fun holiday activities?
- looking for an outdoor parent and toddler activity?

EcoLocal's Beanstalk Project offers free holiday (and occasional Sunday) fun food growing activities.

Adults and families are also welcome at our regular sessions at Carshalton Community Allotment to join in growing food and take free veg home! We are family friendly with a play shed, children's tools, a toilet and shelter. Sessions on Mondays and Fridays.

Find out more at www.localfoodnetwork.org.uk

Or sign up to receive news on our activity dates at beanstalk@ecolocal.org.uk or 020 8770 66

