

EVERYDAY SANDWICHES FOR YOUR CHILD'S LUNCHBOX

Sandwiches, wraps and rolls are a great way to include vegetables and wholegrains in your child's lunchbox.

Here are our top tips to make a healthy sandwich full of everyday ingredients.

BREADS, WRAPS AND ROLLS

When choosing your bread, we recommend a wholemeal or wholegrain variety as they contain more fibre, vitamins and minerals than white bread. If your child will only eat white bread, choose a variety with added fibre.

Raisin bread also makes for a healthy alternative. Try adding cream cheese or banana for a yummy sandwich.

PROTEIN FILLING

Choose lean, unprocessed protein fillings. These will be lower in saturated fat and salt.

Our favourites include:

- Leftover lean rissoles or hamburger patties, roast meat e.g. chicken, beef or lamb
- Boiled egg
- Barbeque chicken (skin removed)
- Falafel
- Ham
- Grilled or steamed chicken breast
- Canned tuna or salmon
- Turkey
- Tofu
- Cheese

SALAD FILLING

Aim for the salad to make up the bulk of the sandwich. It's a great way to add vegetables into your child's lunchbox.

Our favourites include:

- Grated carrot
- Shredded lettuce
- Avocado
- Cucumber
- Sliced tomato
- Baby spinach
- Beetroot (fresh or canned)
- Pineapple



Artwork: 'Heart of a child' by Lara Went Worimi Artist

EVERYDAY SANDWICHES FOR YOUR CHILD'S LUNCHBOX

EVERYDAY ADDITIONS

Instead of adding butter or margarine why not try some healthier alternatives? We suggest cream cheese, cottage cheese, avocado, hummus or tzatziki.

SWAP IT'S FAVOURITE SANDWICHES

- Roast beef, tomato, carrot and lettuce
- Boiled egg and lettuce
- Tuna, cheese and lettuce
- Turkey, avocado and cucumber
- Tofu, avocado, carrot and cucumber
- Ham, cheese and tomato
- Raisin bread with cream cheese
- Baked beans and cheese
- Barbeque chicken (skin removed), pineapple, cheese and baby spinach
- Roast beef, tzatziki, carrot, beetroot and baby spinach
- Boiled egg, avocado and baby spinach
- Salmon, cream cheese and cucumber
- Falafel, hummus, tomato and lettuce
- Cheese, pineapple, beetroot and baby spinach
- Ham, carrot, cucumber, avocado and lettuce
- Raisin bread with banana
- Barbeque chicken (skin removed), lettuce and cucumber

