# 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**

## 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

**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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# After school snacks/drinks

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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 - 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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