

HEALTHY EATING

MEAL IDEAS

Involve your child with shopping, choosing foods, preparing meals and cooking. Below are some suggestions for meals plans.

Breakfast - Wholegrain cereal (choose lower-sugar options) with whole milk and fruit on top.

Lunch - Ham and lettuce sandwich or wrap, cucumber slices, sliced pear and a yogurt.

Dinner - Sausages, mashed potato, peas and carrots.

Breakfast - Toast with peanut butter and sliced banana.

Lunch - Oat cakes, carrot and celery sticks with humus dip and a slice of malt loaf.

Dinner - Pasta with chopped tomatoes and peppers with cheese on top.

Breakfast - Toast fingers with a hard-boiled egg and slices of apple.

Lunch - Pitta bread, cheese cubes or cheese triangle, sliced tomato, pepper sticks, dried fruits (apricots or raisins).

Dinner - Shepherd's pie (made with beef or lamb and/or lentils or vegetarian mince) with green vegetables.

WHERE CAN I FIND HEALTHY RECIPES?

[Change 4 life healthy snack ideas](#)

[Baby and toddler meal ideas](#)

[First steps nutrition](#) gives information about portions sizes, snacks, lunch box ideas and simple cost-effective meals



Public Health
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