



How to get top marks for a food smart lunchbox



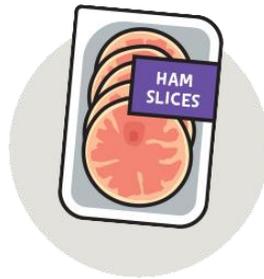
Hi Leisha,

Did you know that some of the foods in our kids' lunchboxes can contain a surprising amount of sugar, saturated fat and salt?

School meals are a great choice, but if you make a packed lunch for your child then we've got it covered. Read on for hints and tips on choosing healthier options for lunchboxes as well as easy-to-prepare ideas that your children will love.

What's in your child's lunchbox?

Do you use any of these foods regularly in your child's lunchboxes? Give them a scan with the Be Food Smart app to see what's inside.



Ham can be surprisingly high in salt.



Chocolate and fruit & nut bars can be surprisingly high in sugar and saturated fat.



Crisps can contain up to a sachet of salt in just a small bag.

DIY Lunches

Our new lunchbox section has lots of simple, tasty and healthy tips for hassle-free lunches.

Your mini-mission this week is to try one of these fun, easy-to-make lunchbox ideas from Change4Life.



Tuna Bean Salad

Or



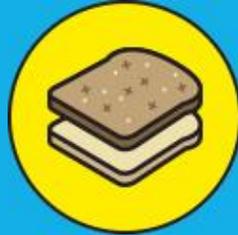
Soft Cheese and Salad Sandwich

[More lunchbox recipes](#)

Try a lunchtime swap



Top Tips to make swapping easier



If your child doesn't like wholegrain, try making a sandwich from one slice of white bread and one slice of wholemeal/brown bread.

Dried fruit can be a healthy snack but it can get stuck in their teeth, so should be only eaten at mealtimes to reduce the risk of tooth decay.

Keeping your family healthy



Too much sugar can cause tooth decay, leading to pain, sleepless

nights, days off school or work for dental treatment. A food smart lunch will help keep your kids smiling.

Spicy chicken and salad wrap

**Prep time**

10 mins

Cooking time

None

Effort

Super Easy

Serves

1

Our spicy chicken and salad wrap is easy to make and delicious to eat. Complete your child's lunchbox with some homemade popcorn and fresh fruit.

[Get the recipe](#)

Have you tried our new FREE app?



Many parents like you are already getting food smart with the new Be Food Smart app. With a simple scan of the barcode, you can join them in seeing how much sugar, saturated fat and salt is in your family's food.

You'll also discover hints and tips for healthier choices, food detective activities for children and mini-missions for the whole family.



25p off Soreen Lunchbox Loaves



Use this voucher to get 25p off Soreen Lunchbox Loaves, 5 individually wrapped mini loaves perfect for lunchboxes. Offer valid until 31st March 2017. Terms apply. You will need access to a printer to get your voucher.



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Next week... Something to look forward to. Dinnertimes the whole family will enjoy.

The Change4Life team



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16/01/2017 to 31/03/2017

This coupon entitles you to 25p off the purchase price of any of the Soreen Malt or Banana Lunchbox Loaves 5 pack, up to the value of £1.45.

No change can be given if the price to be paid is less than the stated coupon value of 25p. Only one coupon may be redeemed against each item purchased and only one coupon can be redeemed per customer per day.

Please do not attempt to redeem on any other product, as refusal to accept may cause embarrassment and delay at the checkout.

Redemption for Retailer

16/01/2017 to 30/06/2017

Soreen will reimburse you the value of 25p as detailed on this coupon, plus the specified handling fee provided that it has been accepted according to the terms of this offer. Soreen reserve the right to refuse payment against misredeemed coupons. Please submit coupons to Soreen, Valassis Ltd, PO BOX 6199, Nuneaton CV11 9HQ to arrive no later than 30/06/2017.