



# EATING WELL AWAY FROM HOME

Planning ahead is the key to eating well and affordably when eating away from home. Here are some ideas to tempt the taste buds and avoid boredom as well as help you when planning your shopping.

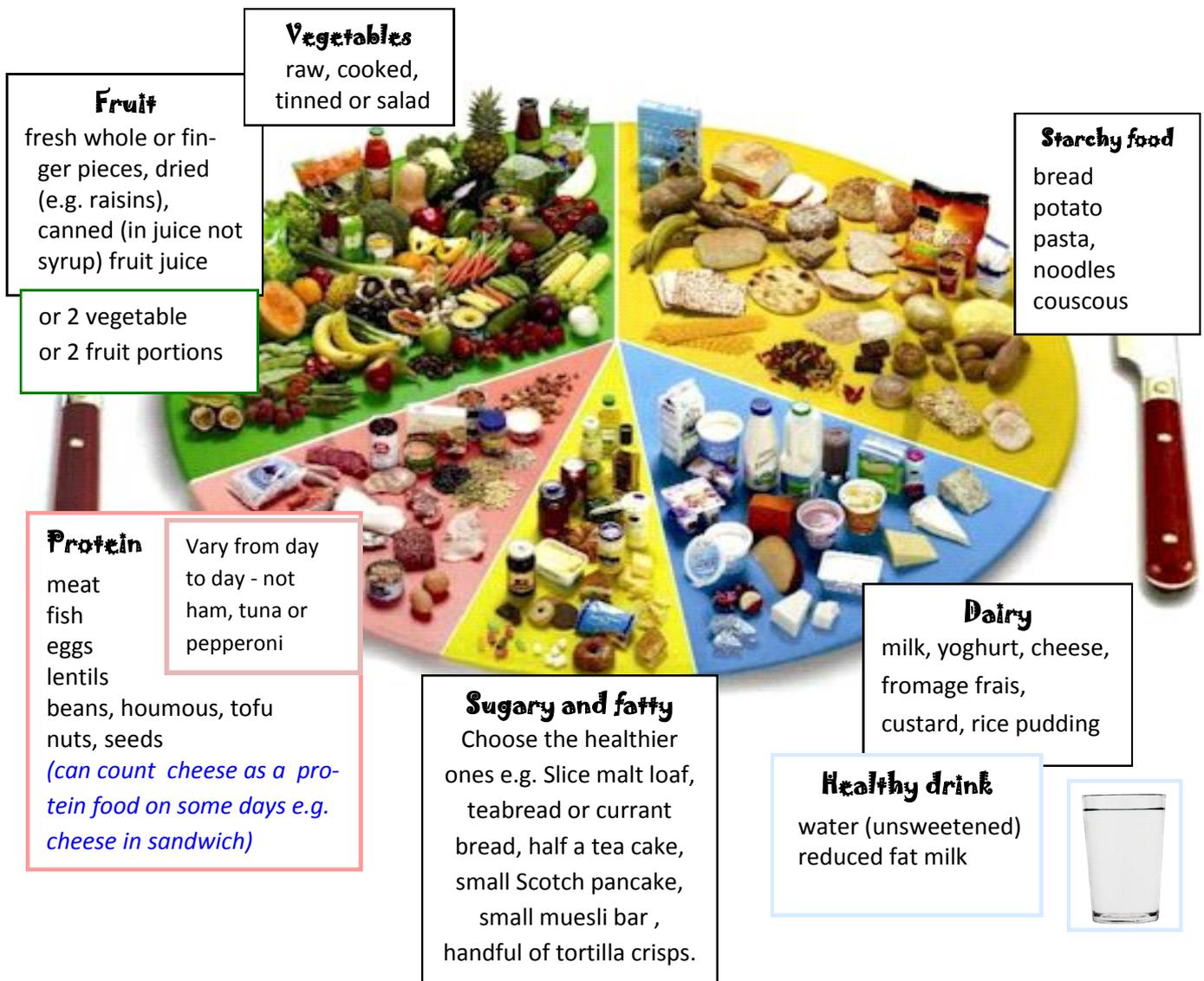
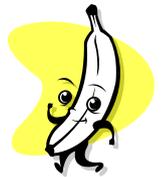
## Snack time

Remember to have an energy boosting breakfast such as a bowl of Weetabix, shredded wheat or wheat flakes with milk and topped with fruit or some toast and a yogurt. If you are still needing an energy boost during the day here are some ideas .

- \* Fresh fruit or dried fruit
- \* Teacakes / currant bun
- \* Half a bagel with cream cheese
- \* Malt loaf / fruit loaf / tea bread
- \* Scotch pancake/ drop scone
- \* Half a sandwich
- \* Low-fat yoghurt / fromage frais / rice pudding
- \* Small piece of cheese and raw vegetables e.g. sticks of raw carrots, celery, peppers, baby sweetcorn, cherry tomatoes
- \* Unsalted popcorn
- \* Vegetables or salad
- \* Fruit smoothie, maximum 1 small glass or bottle daily

## What makes an Eatwell lunch?

Eat at least one item from each of the following food groups, choose basic rather than processed foods—no more than one sugary and fatty



# Eatwell pack-ups

Here are some ideas for a week and one spare!

## Hawaiian dreams

- \* Ham and pineapple pizza slice
- \* Tub of mixed salad



## Pack-up pasta'

- \* Cold cooked pasta, tuna, mixed vegetables, and a little reduced-calorie mayonnaise or salad cream and some plain yogurt
- \* Fruit yogurt or plain yogurt and bag of fruit

## Bangers salad

- \* Cold cooked or canned potatoes, sliced cooked sausage, grated carrot, cooked peas, onion, and a little reduced-calorie mayonnaise or salad cream
- \* Mini carton of custard
- \* Digestive biscuit

## Greek treat

- \* Chopped tomato and cucumber, fresh or dried herbs, cubes of Feta or Cheshire cheese, 1-2 teaspoons of lemon juice or balsamic vinegar and a teaspoon of olive oil.
- \* Pitta bread or favourite bread

## Racy rice

- \* Rice, bean and chicken\* salad (boiled rice, kidney beans, green beans and chopped ham) with a little olive oil and lemon juice
  - \* Peach or nectarine
  - \* Fruit yogurt
  - \* Slice of banana bread or homemade cake
- \*The chicken can be omitted or replaced with cheese. Rice cooked within 24 hours and kept refrigerated.*

## Mexican day

- \* Tortilla wrap with grilled chicken, lettuce and red pepper slices (with reduced calorie mayonnaise)
- \* Cherry tomatoes
- \* Banana
- \* Fruit fromage frais
- \* Carton of apple juice

## POP IN A DRINK!

- \* Water
- \* Plain or flavoured milk—good sources of calcium for healthy bones and teeth
- \* Pure fruit juice or fruit smoothie - good source of vitamin C.

Keep your lunch cool!

Use a cool bag. Pop in an ice-pack or freeze a carton of juice to keep food cool.

Keep in the fridge until the morning if you make it the night before.

Keep your lunch in a cool place: away from the radiator and the sun.

Aim to include something from each box and pack a beaker for water

| Variety of breads   | Fab fillings   | Dairy most days   | Vegetables   | Something sweet   |
|---|--|---|--|---|
| Granary, seeded, whole-meal, white or rye bread<br>Pitta<br>Sourdough bread<br>Soda bread<br>Baps, rolls, French stick<br>Chapatti and naan bread, Ciabatta<br>Bagel, tortilla wraps<br> |  Egg and cucumber<br>Cheese & grated carrot or apple<br>Mashed pilchards & tomato<br>Ham and coleslaw<br>Chicken tikka with salad<br>Houmous and salad<br>Mashed hard-boiled eggs and chopped tomato<br>Roast turkey, pork or beef<br>Spicy beans<br>Chicken drumstick to eat with your bread | Match box sized piece hard cheese<br>Cottage cheese<br>Natural yogurt with fruit<br>Fruit yogurt<br>Yogurt or milk-drink<br>Fromage Frais<br>Rice pudding<br>Custard<br> |  Cucumber slices<br>Carrot sticks<br>Pepper strips<br>Cherry tomatoes<br>Spring onion<br>Radishes<br>Celery, sweetcorn<br>Chickpeas<br>Kidney beans, peas<br>Green beans, Avocado | Pot of seasonal prepared fruit e.g. strawberry, plum, cherry, apple, grape, melon, pear, satsuma etc.<br>Fresh, tinned or stewed fruit<br>3-4 dried apricots<br>Homemade scone, carrot or banana cake<br>Half teacake or malt loaf<br>Scotch pancake<br>Crepe filled with fruit<br>Pure fruit juice<br>Fruit smoothie<br>Fruit flapjack |

## FEELING FRUITY?

Eating 5 or more portions of vegetables & fruit every day helps you stay fit and feel good!



Remember to keep active

