Love your packed lunch!

Create a healthier packed lunch by choosing foods from the 5 main food groups below:



Starchy Carbohydrates

to re-fuel your body

Base your lunchbox on starchy carbohydrates.

Choose ONE EVERY DAY from:

 Bread, rolls, bagels, wraps, pitta or baguettes

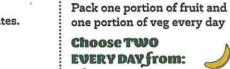
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Get kids involve

- Pasta
- Couscous
- Noodles

✓ Potatoes

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✓ Apple, banana, pear, orange, plums

to keep you healthy

Fruit and

Vegetables

- Small pot of mixed berries or grapes
- Prepared melon or mango
- Chopped vegetable sticks: carrots, cucumber, pepper, celery, mange tout, mini corn
- Salad vegetables
- Vegetable Soup



Dairy and Alternatives

for healthy teeth and bones Don't forget the dairy!

Choose ONE EVERY DAY from:

- / Milk
- Cheese hard cheese. soft cheese, cheese spread
- Yoghurt or Fromage Frais
- Custard

Protein Foods

for growth and repair Pack a protein punch!

Choose ONE EVERY DAY from:

- Meat

- Non-dairy protein e.g. lentils, chick peas, beans

Drinks

- to rehydrate vour body
- A large glass of water
- Semi skimmed milk - or skimmed milk for children over 5 years.
- 150ml of fresh unsweetened fruit juice/smoothie



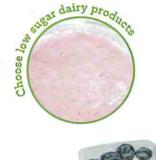


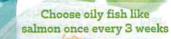


Meat products such as sausage rolls, pies, sausages plain cakes occa-

Plain cakes/ sponges and biscuits of appropriate portion sizes







meat to a minimu





