



A healthy, balanced and nutritious packed lunch should include foods from the following four food groups:

 Potatoes, bread, rice, pasta and other starchy carbohydrates

These foods provide carbohydrate to give your child energy for the afternoon

 Fruit and vegetables

These foods provide vitamins and minerals to help protect against illness

 Beans, pulses, fish, eggs, meat and other options

These foods provide protein, iron and zinc to help your child grow.

 Dairy and alternatives

These foods are a good source of calcium for strong bones and teeth

 Food and drinks high in saturated fat, sugar (and/or salt)

Try to limit these types food and drink. Too much salt and saturated fat can increase the risk of some illnesses in later life while too much sugar can damage children's teeth

**FIVE** easy steps to a healthy packed lunch

1. Take some bread  
High fibre white, wholemeal, white, seeded or perhaps a roll, wrap, pitta, chapatti or crackers
2. Now take a tasty filling  
Chicken, cheese, cream cheese, egg, ham, mozzarella and tomato, tuna and sweetcorn  
Add some lettuce, slices of cucumber or a tomato
3. Now a portion or two of fruit and vegetables  
Apple, banana, grapes, kiwi, pear, plum, mango or melon cubes, dried fruit is good too – raisins, sultanas, apricots. You could even add a little pot of fruit and/or carrot or celery sticks, cherry tomatoes, chunk of cucumber
4. Add a dairy choice  
Fromage fraise or yogurt (especially if no cheese or milk are included)...
5. And to finish add a drink  
Water, fruit juice and milk are best  
Look for drinks with no added sugar

...and a healthy extra  
a slice of malt loaf, currant bun, scone, plain biscuits, plain popcorn

## Example packed lunches

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
 <p>Tuna &amp; sweetcorn pasta salad An apple Small tub of rice pudding</p>	 <p>Egg salad sandwich Small tub of timrod pinocchio Slice of fruit cheese spread</p>	 <p>Ham &amp; soft cheese sandwich A banana Small tub of carrot sticks</p>	 <p>Beef &amp; onion salad sandwich Tub of rice pudding &amp; raisins A banana</p>	 <p>Mackerel/pollie salad A slice of fruit Cherry tomatoes</p>



**English:** No nuts or products containing nuts are allowed in school. Some children have an **allergy** which is life threatening.

**Romanian:** Nu sunt permise în școală nuci sau produse care conțin nuci. Unii copii au o alergie care pune viața în pericol.

**Polish:** Do szkoły nie wolno wносить orzechów ani produktów zawierających orzechy. Niektóre dzieci mają alergię zagrażającą życiu.

**Lithuanian:** Mokykloje neleidžiami jokie riešutai ar produktai, kurių sudėtyje yra riešutų. Kai kurie vaikai turi alergiją, kuri kelia pavojų gyvybei.

**Slovak:** V škole nie sú povolené žiadne orechy ani výrobky obsahujúce orechy. Niektoré deti majú alergiu, ktorá je život ohrozujúca.

**Turkish:** Okulda kuruyemiş veya kuruyemiş içeren ürünlere izin verilmez. Bazı çocukların yaşamı tehdit eden bir alerjisi vardır.

**Portuguese:** Nenhuma noz ou produtos que contenham nozes são permitidos na escola. Algumas crianças têm uma alergia que é fatal.

**Latvian:** Skolā nav atļauti rieksti vai produkti, kas satur riekstus. Dažiem bērniem ir alerģija, kas ir dzīvībai bīstama.

**Kurdish:** Li dibistanê gûz û berhemên ku gûz tê de ne qedexa ne. Hin zarok xwedî alerjiyek ku jiyane tehdîd dike hene.

**Bengali:** স্কুলে কোন বাদাম বা বাদাম আছে এমন পণ্যের অনুমতি নেই। কিছু বাচ্চাদের অ্যালার্জি থাকে যা জীবনের জন্য হুমকিস্বরূপ।

**Arabic:** يسمح بالمكسرات أو المنتجات التي تحتوي على المكسرات في المدرسة. يعاني بعض الأطفال من حساسية تهدد حياتهم.

**Pashto:** په ښوونځي كې د مغز لرونكو او مغز لرونكو محصولاتو اجازه نشته. ځيني ماشومان الرجی لري چې ژوند تهديدوي.

**Czech:** Ve škole nejsou povoleny žádné ořechy ani výrobky obsahující ořechy. Některé děti mají alergii, která je život ohrožující.



Inform your setting of food allergies or intolerances.