

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 frais 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 & sweetcorn pasta salad An apple Small tub of rice pudding</p>	<p>Egg salad sandwich Small tub of tinned pineapple Slice of fruit cake with soft cheese spread</p>	<p>Ham & soft cheese sandwich A banana Small tub of carrot sticks</p>	<p>Beef & onion salad sandwich Tub of rice pudding & raisins A banana</p>	<p>Mackerel potato salad A slice of fruit bar Cherry tomatoes</p>