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## For a balanced packed lunch try to select these healthier foods and drinks

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### Fruit and Vegetables

Include at least one portion of fruit and one portion of vegetables or salad every day.



### Meat and alternatives

Meat, fish or another source of non-dairy protein should be included every day. Non dairy sources of protein include lentils, kidney beans, chickpeas, hummus, peanut butter† and falafel



†Be aware of nut allergies.



### Oily fish

Include oily fish, such as salmon, at least once every three weeks.



### Starchy Food

A starchy food such as any type of bread or pasta, rice, couscous, noodles, potatoes or other cereals, should be included every day.



### Milk and Dairy Food

Include a dairy food such as semi-skimmed or skimmed milk, cheese, yoghurt, fromage frais or custard every day.



### Drinking Water

Drinking water is available throughout the day and children may bring in an extra bottle for use in class.



### Healthier Drinks

Include only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.



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## If you can, avoid including these foods in packed lunches

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Snacks such as crisps should not be included. Instead, include nuts†, seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice. †Be aware of nut allergies.

Confectionery such as chocolate bars, chocolate-coated biscuits and sweets should not be included. Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.

Meat products such as sausage rolls, individual pies corned meat and sausages/chipolatas should be included only occasionally.