



PACKED LUNCH GUIDE

HEALTHY LUNCHES HELP US LEARN, PLAY AND GROW!



YOUR CHILD'S PACKED LUNCH SHOULD INCLUDE

FRUIT



Fresh, tinned or frozen

VEGETABLES



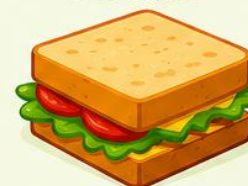
Crunchy, colourful and tasty!

MEAT, EGG, BEANS OR FISH



Great for growing strong bodies!

STARCHY FOODS



Like bread, pasta, rice or potatoes!

BOTTLE OF WATER



Water keeps you hydrated!



YOUR CHILD'S PACKED LUNCH SHOULD NOT INCLUDE THESE FOODS

CHIPS & OTHER HIGH FAT SNACKS



These can be high in fat and salt

CHOCOLATE BARS, SWEETS, CAKES



Too much sugar is not good for us.

PASTRY/ FRIED FOODS



These can be high in fat

CEREAL BARS



Many are high in sugar

SOFT DRINKS



These can be high in sugar



GREAT LUNCHES EVERY DAY!



Use wholegrain where you can



TOP TIPS!

Try different colours



Keep portions just right



Get your child involved!



THANK YOU FOR SUPPORTING HEALTHY CHOICES!

