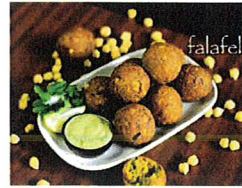




Healthy happy packed lunch guidelines

EVERY DAY

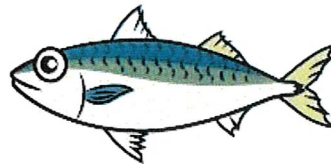


- One portion of fruit AND one portion of vegetable or salad
- Meat, fish or another source of non-dairy protein (Non dairy sources of protein include lentils, kidney beans, chickpeas, hummus, peanut butter and falafel)
- A starchy food, such as bread or pasta, rice, couscous, noodles, potatoes or other cereals.
- A dairy food, such as semi-skimmed or skimmed milk, cheese, yoghurt, fromage frais or custard.
- Include only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies
- Snack of: 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

Free, fresh drinking water should be available at all times

AT LEAST ONCE EVERY 3 WEEKS

- An oily fish, such as salmon



AVOID

Snacks such as crisps should not be included.

Confectionery such as chocolate bars, chocolate-coated biscuits and sweets

Cakes and biscuits are allowed but these should be part of a balanced meal

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