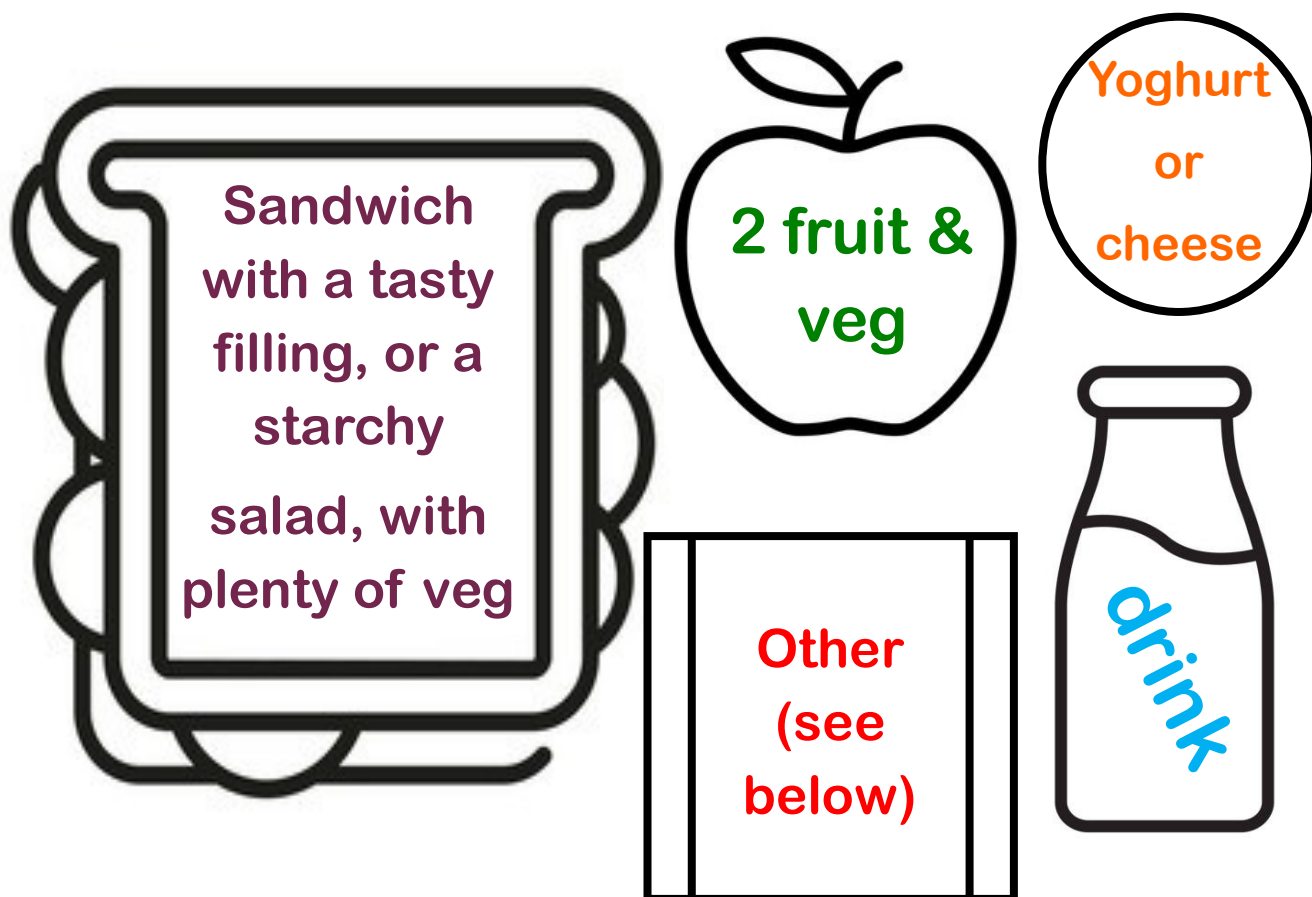




Lovely lunches!

The key to a healthy packed lunch is balance and variety - to add interest and make it appetising. A good variety of foods will help to provide all the nutrients your child needs to grow and be healthy.

Use the lunchbox map to help you put together a tasty, terrific and healthy lunch for your child. It shows you the types and proportions of different foods that can be included. Making a packed lunch can be easier than you think.

lunchbox item	a sandwich or starchy salad	2 fruit & veg	yoghurt or cheese	drink	other
you could include	Bread, roll, wrap, pitta, bagel, potatoes, rice, pasta, couscous with lean ham, chicken, beef, egg, tuna, salmon, cheese*, houmous*, beans/lentils with plenty of fruit, veg or salad	Apple, orange, grapes, melon, raisins, plums, kiwi, pear, mango slices, carrot or cucumber sticks, cherry tomatoes, can of fruit, fruit juice	Yoghurt*, fromage frais*, cheese*, milk or milk based drink*, cheese dip*	Water, milk*, fruit juice, drinking yogurt*, milk based smoothie*	Extra fruit, cheese scone*, teacake, malt loaf, banana bread*, custard pot*, fruit muffin*, oat flapjack*, baked samosa, dried fruit and seeds, bread sticks & dip
this provides	... starchy carbs for energy ... protein for growth	... fibre, vitamins & minerals for health & wellbeing ... 2 of their 5 A DAY	... calcium for strong bones ... vitamins & minerals for health	... fluid to maintain body hydration	... variety & appeal

(* Use lower fat, sugar and salt versions of foods when you can)