A Healthy Lunch Box includes...

A DRINK

Water is best to keep your child hydrated.

Or provide **Milk** or **Fruit Juice** with no added sugar.

PROTEIN

Include at least **one source of protein**... as a sandwich filling or on it's own.

e.g **lean meats** (including chicken or turkey), **fish** (such as tuna or salmon), **beans, pulses, houmous** or **egg**.

FRUIT and VEGETABLES

Include **at least one portion:**

e.g **Raw vegetable sticks** such as **carrots, cucumber** or **peppers**.

Quartered **cherry tomatoes, grapes** or **strawberries**

A pot of **sliced up fruit, berries** or **fruit salad**.

WHOLEGRAINS and STARCHY FOODS

Include **at least one portion:**

Sandwich on Wholemeal bread / **Wrap** / **Pitta Pocket** / **Bap** / **Roll**

Breadsticks / **Crackers** / **Oatcakes**

Pasta / **Rice**

Bagel / **Pancake** / **Muffin** / **Scone**

DAIRY / CALCIUM

Include at least **one source:**

e.g **cheese** on a sandwich or as strips (try reduced-fat varieties of cheddar, edam or mozzarella),

milk-based puddings such as **yoghurt, fromage frais** or a small pot of **custard**.

Please avoid bringing items that are high in SUGAR, SALT or FAT