



Healthy Lunches



For a HEALTHY, BALANCED packed lunch, choose something from EACH GROUP...

Fill-you-up foods

Make a **BIG PORTION** of SLOW-RELEASE ENERGY FOODS (starchy carbohydrates) Wholegrain is best



Fruit & Veg

Pack **SOME** FRUIT and VEGETABLES in a SALAD or SANDWICH, or just to eat on their own.



Filling suggestions

Make a **SMALL PORTION** of MEAT, FISH or VEGETARIAN alternatives (protein) e.g. cheese



Plus a **SMALL PORTION** of DAIRY foods (for calcium)



Please remember...

- We **CANNOT** reheat food
- NO NUTS!** (This includes chocolate spreads and peanut butter)

A sweet treat

- A small slice of fruit or carrot cake
- A cereal bar
- A flapjack
- A piece of fruit loaf
- A Smoothie

Don't forget your water!





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<https://www.bbcgoodfood.com/recipes/collection/school-lunch-recipes>

