

ELT PACKED LUNCH TOOLKIT

By choosing the recommended portions from each of the 4 main food groups will ensure your child has a tasty & well-balanced packed lunch to keep them focussed and maximise their learning!

DAIRY & DAIRY FREE ALTERNATIVES



Choose 1 portion -

- Small glass = 150ml semi skimmed milk or dairy free alternative (with added calcium & unsweetened)
- 1 small pot of yoghurt or unsweetened custard
- Match box size (30g) of cheese

Contains calcium that helps to keep teeth & bones healthy

FRUIT & VEGETABLES

Contains vitamins & minerals which are needed for good health

- Apple
- Banana
- Pear
- Strawberries
- Carrot sticks
- Tomatoes
- Peppers

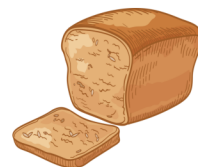


A portion is a medium sized piece of fruit, or a child's handful of chopped fruit or veg

CARBOHYDRATES

Choose 1 portion -

- 1-2 slices of bread
- Small bread roll
- Pitta bread
- 1 dinner plate sized wrap
- 2-3 tablespoons of rice, pasta or other grains
- 2 egg sized potatoes



Provides lots of energy

PROTEIN

Choose 1 portion -

- Eggs
- Poultry - Chicken or Turkey
- Lean Meat - Beef, Pork or Lamb
- Fish - Salmon, Tuna or Sardines
- Non-meat protein - Houmous, Lentils, Beans or Pulses



A portion is the size of your child's palm

Choose a main course - which contains **1** portion of carbohydrate & **1** portion of protein - see above for ideas!

Add some salad or vegetables - using frozen veg or by cooking extra the night before are quick and cost effective options!

Add a little something else - fruit, yoghurt, low sugar jelly, rice cakes, malt loaf are all healthy options!

TASTY TRADES

1. Swap crisps for plain rice cakes
2. Swap sweets, cakes, cereal bars or chocolate for fruit cake, malt loaf or fresh, tinned or frozen fruit
3. Cut back on fat by using reduced fat spread, low fat yoghurt & cheese
4. Swap white bread & pasta for brown versions to keep little tummies fuller for longer

WHEN IT'S HOT THINK ABOUT INCLUDING AN ICE PACK TO KEEP FOOD CHILLED

NO NEED TO PACK A DRINK, WATER WILL BE PROVIDED FOR ALL CHILDREN.