## 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

# MILK

#### 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

#### **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

#### 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

#### **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

#### **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
- 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

Add some salad or vegetables - using frozen veg or by cooking extra the night before are

quick and cost effective options!

Choose a main course - which contains 1

portion of carbohydrate & 1 portion of protein

- see above for ideas!

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

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.