



Top tips for your Packed Lunch!

How do we keep our packed lunches interesting and healthy? If you are planning on taking a packed lunch to school, why not follow our simple checklist to help you make the right choices!

It is important we make our packed lunches balanced by choosing products from the food groups below:



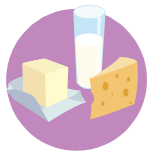
Start your packed lunch by choosing a starchy food that will give you energy. Choose from: sliced bread, barmes, pitta bread, wraps, bagels, baguettes or even crackers. Why not try wholemeal? Pasta salad or vegetable couscous can give you more variety.



Foods high in protein like meat and fish help your muscles grow. There are lots to choose from including chicken, salmon, egg, hummous, or a pack of nuts.



Add a portion of fruit and a portion of vegetables to keep your body healthy. Try carrot or cucumber sticks, or salad and cherry tomatoes. For dessert, why not have a banana, or a handful of strawberries?



Be sure to include a dairy food in your packed lunch to keep your teeth and bones strong; Include cheese on a sandwich or a fruit yoghurt as a dessert. A serving of milk as a drink in your packed lunch can also count as a dairy portion.



Try something different to sugary snacks like a slice of fruit loaf or banana bread, a pack of raisins, hot cross bun, pot of rice pudding, or a tub of fruit jelly (low sugar). If you include crisps, do so occasionally and choose a small pack of a low fat variety.

Don't forget your drink!

Water will keep you hydrated during the day. Include a milk or pure fruit juice carton, or a fruit smoothie for more variety.



Remember to keep it cool!

Packed Lunches should be kept cool, especially during hot weather. Try using a freeze block and/or cool bag. If sandwiches are prepared the previous evening, always store them in a fridge.

