

## Packed Lunch Guidelines

Eating a healthy packed lunch or school meal is important to help children stay healthy, feel good and improve their ability to learn.

**Green Foods** – you can put these in a packed lunch every day or as often as you like. Remember.....think about the portion size.

- 1 portion of fruit AND 1 portion of vegetables – this could include fresh, tinned or dried fruit.
- A type of starchy food such as bread, pasta, pittas, bagels, wraps etc. Try to include wholegrain varieties.
- Meat, fish or other sources of non-dairy protein (lentils, kidney beans, quorn, chickpeas, houmous, eggs).
- Dairy food such as milk, cheese yoghurt or fromage frais.
- Oily fish such as salmon or sardines at least one every three weeks (tinned tuna does not count, as the Omega-3 is destroyed in the canning process).
- Water

**Amber Foods** – these types of foods could be introduced occasionally as part of a balanced packed lunch.

- Crisps
- Cereal bars, chocolate biscuits cakes, bread sticks, scones, tea cakes, flapjacks
- Processed meat products such as sausage rolls, pies, corned beef, pasties, pepperami or sausages.
- Squash or Fruit drinks

**Red Foods** – these foods are not allowed in school lunch boxes.

- Fizzy drinks
- Milk shake
- Chocolate bars
- Nuts
- Sweets
- Processed fruit products such as fruit winders

Attached are some menu ideas for affordable packed lunches, together with some guidance about portion size.