

Name: _____

Class: _____

More healthy packed lunch ideas

Each day a healthy packed lunch should include:

A portion of starchy food

Wheat or wholemeal bread, rice, pasta, lentils or maize, potatoes, sweet potatoes, chickpeas, beans, lentils, couscous or polenta are a good choice.

At least one portion of fruit and/or vegetables

Fruit, berries, canned or dried fruit, raisins, nuts, seeds, vegetables, hummus, avocado, cucumber, carrot, sweetcorn, potato or sweet potato, tomato, green beans, peas, chickpeas or lentils, a banana, pear or apple or citrus fruit, grapes, raspberries, kiwi, strawberry, strawberries or raspberries.

A portion of meat, fish, eggs, beans or other non-dairy source of protein

Chicken, turkey, beef, lamb, pork, mince, fish, tuna, salmon, mackerel, sardines, eggs, tofu, lentils, chickpeas, beans, hummus, tahini, nut butter, peanut butter, tahini, olive oil, rapeseed oil, sunflower oil, rapeseed oil, rapeseed oil.

A portion of milk or dairy foods

Yoghurt or fromage blanc, cheese is a good choice, milk, soft cheese, cottage cheese, ricotta, cream cheese, cream, butter, margarine, oil, rapeseed oil, sunflower oil, rapeseed oil, rapeseed oil.

Example packed lunch menu

Provide a variety of foods from each of the food groups listed on the front page across each week. A week's packed lunch menu might look like this:

Monday
<ul style="list-style-type: none"> Tuna and sweetcorn packed salad with red pepper sticks Apple slices and pear segments Nature's loaf
Tuesday
<ul style="list-style-type: none"> Chicken and potato with salad Orange segments with watermelon Wholegrain loaf
Wednesday
<ul style="list-style-type: none"> Chicken salad with Banana and kiwi Nature's loaf
Thursday
<ul style="list-style-type: none"> Egg salad sandwich Sweetcorn fruit salad with fromage frais Wholegrain loaf
Friday
<ul style="list-style-type: none"> Chicken and potato Strawberry and kiwi Wholegrain loaf



For more ideas on healthy packed lunches visit the Let's Get Cooking at Home website: www.letsgetcookingthru.me or nhs.uk/letsgetcooking

Practical tips for healthy, safe and tasty packed lunches

Communicate with your setting about your child's packed lunch.

- Let your setting know about any allergies or intolerances.
- Check if your setting has a policy on packed lunches.
- Ask how long your child's lunch will be kept for and how it will be stored.

Choosing foods

- Use the traffic light system to help you choose healthy foods.
- Choose foods that are low in fat, sugar and salt.
- Choose foods that are high in fibre.
- Choose foods that are low in saturated fat.
- Choose foods that are low in added sugar.
- Choose foods that are low in added salt.
- Choose foods that are low in added fat.

Preparing the packed lunch

- Wash your hands thoroughly before and after preparing the lunch.
- Use separate cutting boards for meat, fish, eggs, and vegetables.
- Use a separate knife for meat, fish, eggs, and vegetables.
- Use a separate knife for bread and other dry goods.
- Use a separate knife for fruit and vegetables.
- Use a separate knife for cheese and other dairy products.



Drinks, oils, biscuits and confectionery

Drinks, oils, biscuits and confectionery should be limited to a small amount of these foods can be limited to health.

- Try to make drinks, biscuits and confectionery at home.
- Use low-fat spreads, margarine, butter, oil, and other fats.
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A drink - to help with hydration and concentration.

- Water - is the best choice.
- Milk - is a good choice for children aged 2 years and over.
- Low-fat milk - is a good choice for children aged 2 years and over.
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