

Pack a healthy lunchbox



For a healthy, balanced pack lunch, choose something from each food group. Try to include a variety of different foods across the week to make sure your child gets all the energy and nutrition they need.

Starchy Foods 1 or 2 portions



Fruit and vegetables at least 1 fruit and 1 veg



Protein Foods 1 portion



Dairy Foods at least 1 portion



Drink

Milk or water, remember a reusable water bottle or water will be provided by the setting in an open top cup. Unlike fruit and sugar sweetened drinks, water quenches thirst and does not damage teeth.

Avoid foods and drinks high in fat, salt and sugar.



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