

Healthy Packed Lunch Guidance



What's in a **healthy** packed lunch?

- **One portion** of fruit and **one portion** of vegetable or salad **every day** to be included in packed lunches.
- **Meat, fish or another source of non-dairy protein** should be included **every day**. Non-dairy sources of protein include lentils, kidney beans, chickpeas, hummus and falafel
 - An oily fish, such as salmon, should be included at least once every three weeks
 - **A starchy food**, such as bread or pasta, rice, couscous, noodles, potatoes or other cereals, should be included **every day**.
 - **A dairy food**, such as semi-skimmed or skimmed milk, cheese, yoghurt, fromage frais or custard should be included **every day**.
 - Free, fresh drinking water should be available at all times
 - Include **only** water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies
- Snacks such as crisps **should not be included**. Instead, include seeds, vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice
- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets **should not be included**. Cakes and biscuits are allowed but these should be part of a balanced meal
- Meat products such as sausage rolls, individual pies, corned meat and sausages / chipolatas should be included only occasionally.
- Having a member of each food group in every lunch is **vital**.

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Packed lunches **should not include:**

- Nuts or nut based products.
- High fat, high salt, high sugar snacks such as crisps, sweet popcorn, other high fat / salt packet savoury snacks such as crisps.
- Confectionery such as chocolate bars, chocolate-coated biscuits, sweets, chewing gum, cereal bars or fruit bars.
- Chocolate spread, honey, jam or marmalade as a sandwich filling.
- Fizzy / sugary drinks or fruit flavoured squash. This includes diet drinks and energy drinks which can contain high levels of caffeine and other additives and are not suitable for children.