Ideas for healthy and tasty lunchboxes



A healthy lunchbox

'Eating Well' means having plenty of fruit and vegetables and foods like bread, cereals and potatoes, moderate amounts of meat and dairy foods and small amounts of fatty and sugary foods

A healthy packed lunch should contain:

- ✓ a drink
- ✓ a carbohydrate food, such as bread, potatoes, rice, pasta or noodles
- ✓ fruit and vegetables try to include two to three different fruits and vegetables each day
- ✓ a protein food such as chicken, turkey, fish, ham, egg, cheese or hummus
- ✓ a dairy food, such as milk, yoghurt, cheese or fromage frais
- ✓ fatty or sugary foods can be included every now and again as a treat, but should not be given every day





There are no good or bad foods - all foods can be part of a good diet. It's about getting the right balance and variety of foods







Cutting line

Including different coloured fruit and vegetables will not only make your lunch 100k good, but it will also give your body lots of the vitamins and minerals it needs to stay

healthy.

TIDS' BLEND PRESSED FRUIT SHAKEN UP WITH WATER NOT FROM CONCENTRATE NO ADDED SUGAR

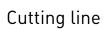
PRESSED APPLES AND PEARS BLENDED WITH WATER

a day

Ice pack

9

Children's tips Do: Remind your parent or carer to wrap food items well



Carbohydrate foods are the main source of energy for our bodies and help to fill us up. Why not try some different types of bread, such as pitta bread or bagels?

lce pack

28 MAR

28 MAR

or lunch

full of dairy goodness

. Devon

Custard

ibeny & kiwi

Sainsbury's

201320147

M. Town Mills

Children's tips

Don't: Let others play with or eat your food. Your food might make another pupil ill - for example, nut or milk allergy





Salford City Council

If you would like any additional healthy eating information or support, please contact us

- Salford Health Improvement Service Salford City Council Salford Civic Centre Chorley Road Swinton M27 5BY
- 0800 952 1000
- health.improvement@salford.gov.uk
- **Facebook: www.facebook.com/HealthImprovement.Service**
 - Twitter: @HealthySalford

Eat good feel good

