

# 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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# Why is it important to have food from each food group?

Starchy foods give you energy for the day ahead!



Fruit and veg are full of fibre, vitamins and minerals – your 5 a day!



Protein helps you grow and develop



Dairy helps you grow strong bones and teeth



## Food Labels

Traffic light labels tell us if the food has high, medium or low amounts of fat, sugars and salt. Try to pick snacks with mainly greens and oranges and avoid the reds.



Is your Childs lunchbox an appropriate size?



Size of a childs stomach



## Portion Size

Guide using your child's hand:

Starchy Foods



Protein Foods





Fruit and Vegetables



Dairy Foods



Common foods 	Healthier choice 
Sausage roll High in fat and salt	Bagel or sandwich with sliced meat and tomato or cucumber OR Chicken drumstick with vegetables
Crisps High in fat and salt	Crackers or breadsticks with cream cheese
Fried vegetable samosa High in fat and salt	Pita bread or plain naan bread and pot of dahl
Doughnuts and cake High in fat and sugar	Small fruit or plain scone with spread or low fat cream cheese
Chocolate bar High in fat and sugar	Chopped fruit with small portion of rice pudding
Chocolate spread or jam sandwich No protein and high in sugar	Sandwich with sliced meat, cheese, egg or tinned fish with salad
Fruit juice or smoothie	Water as drink with sliced apple