

For a **HEALTHY, BALANCED** packed lunch, choose something from each food group **1, 2 and 3**



HELPFUL TIPS!

SANDWICH FILLINGS

- TUNA AND SWEETCORN
- COTTAGE CHEESE AND PEPPERS
- HUMOUS AND CELERY
- SAUSAGE AND TOMATO
- CHEESE AND PICKLE
- HAM AND COLESLAW
- CHICKEN AND SALAD
- MACKEREL AND CUCUMBER
- SARDINE AND CRESS
- ON WHOLEMEAL, PITTA, ROLLS OR BAPS

SALAD SUGGESTION

CHOOSE A FILL-YOU-UP BASE....
 rice, lentils, pasta, couscous, beans, potato
 ADD SALAD VEGETABLES....
 mushrooms, celery, carrots, cauliflower,
 cabbage, peppers, tomatoes, cucumber,
 sweetcorn, beansprouts
 ADD A LITTLE DRESSING....
 lowfat mayonnaise, salad cream, French
 dressing

**REMEMBER PLEASE DO NOT BRING
 THE FOLLOWING ITEMS:**

✗
 NUTS,
 PEANUT BUTTER,
 SWEETS AND CHOCOLATE BARS
 ✗

1. Fill-you-up foods
 Have a **BIG PORTION** of **SLOW RELEASE ENERGY FOODS**.
 Wholegrain is best!

CHOOSE: Bread, Rolls, Pittas
 Make a **SANDWICH**
 or **PASTA, POTATO, COUSCOUS, LENTILS, CHICKPEAS, RICE.**
 Make a **SALAD**



2. Help-you-grow foods
 Have a **SMALL PORTION** of **MEAT, FISH, EGGS OR BEANS**.
 Perhaps in a sandwich or salad!

CHOOSE: Humous, or lentils
 Hard-boiled egg
 Cooked fish, fresh or tinned
 Grilled sausage, grilled bacon
 Cheese-grated, sliced, or spread
 Yoghurt



.... plus a **SMALL PORTION** of **DAIRY** foods (for Calcium)

3. Fruit and vegetables
 Pack **TWO+ PORTIONS** in a **SALAD** or **SANDWICH**, or just to eat **ON THEIR OWN**.

CHOOSE: A handful of small fruit
 fresh fruit and vegetable sticks
 A whole piece of fruit
 Dried fruit

