




## At a glance - the NEW packed lunch policy

For a balanced packed lunch select these healthier foods and drinks

	<b>Fruit and Vegetables</b>	Include at least one portion of fruit and one portion of vegetables or salad every day.	✓
	<b>Meat &amp; Alternatives</b>	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, peanut butter† and falafel.	✓
	<b>Oily Fish</b>	Include oily fish, such as salmon, at least once every three weeks.	✓
	<b>Starchy Food</b>	A starchy food such as any type of bread or pasta, rice, couscous, noodles, potatoes or other cereals, should be included every day.	✓
	<b>Milk and Dairy Food</b>	Include a dairy food such as semi-skimmed or skimmed milk, cheese, yoghurt, fromage frais or custard every day.	✓
	<b>Drinking Water</b>	Free, fresh drinking water should be available at all times.	✓
	<b>Healthier Drinks</b>	Include only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.	✓

## Avoid including these foods in packed lunches

	<b>Snacks</b>	Snacks such as crisps should not be included. Instead, include nuts†, 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.	✗
	<b>Confectionery</b>	Confectionery such as chocolate bars, chocolate-coated biscuits and sweets should not be included. Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.	✗
	<b>Meat Products</b>	Meat products such as sausage rolls, individual pies corned meat and sausages/chipolatas should be included only occasionally.	✗