

Riverside Primary Healthy Packed Lunch Guidance

We encourage our parents to provide healthy well-balanced packed lunches.

Preparing a healthy well-balanced child's lunchbox, includes:

- Starchy foods – these are bread, rice, potatoes, pasta etc
- Protein foods – including beans, pulses, eggs, fish, poultry and meat
- A dairy item – this could be cheese or a yoghurt
- Vegetables or salad
- A portion of fruit
- A healthy drink such as water or semi-skimmed milk

INCLUDE:

- Minimum of 1 portion of fruit and 1 portion of vegetables everyday
- Include a portion of non-dairy protein such as beans/pulses, fish, poultry or meat
- Oily fish at least once every few weeks (e.g. sardines, salmon)
- Starchy food such as bread, pasta, rice, potatoes including wholegrain varieties
- A dairy product – milk, cheese and yoghurt (unsweetened, low/medium sugar and low/medium fat), any dairy alternatives should be unsweetened and fortified
- Water or milk (semi-skimmed or skimmed) as a drink

LIMIT:

- Processed meat products such as sausage rolls, pies, sausages etc
- Cakes and biscuits to be enjoyed as part of a meal occasionally not as a snack
- Fruit juice: no more than 150mls per day

DO NOT INCLUDE:

- Salty snacks such as crisps
- Sweets and chocolate
- Sugary soft drinks

For more information and practical tips for children aged 5 years and above:

<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>