

# BRADFORD'S PACKED LUNCH TOOLKIT

It is important that children and young people have nutritious food at lunchtime, so we have worked with a nutritionist to develop this toolkit for packed lunches.

Please choose **1 portion** from each of the **4 main food groups** to ensure lunchboxes are tasty and well-balanced, to help learners keep focused and energised.

Using your child's hands (or your hands) is an easy way to measure food portions. Remember though, age, body size and physical activity level will all affect a person's daily energy (food) requirements.

## Carbohydrates

Choose wholegrain options where possible:

- 1-2 slices of bread
- 1 Pitta bread
- 1 Chapati or Roti
- 1 Wrap
- Pasta
- Cous-cous

Provides lots of energy and fibre



## Protein

- Chicken or Turkey
- Beef, pork or lamb
- Houmous (chickpeas)
- Boiled eggs
- Daal
- Lentils
- Tuna
- Pulses

Needed for growth, development and the repair of muscles



## Dairy

or Dairy Free Alternatives

- Small glass of milk (semi-skimmed) or unsweetened dairy free alternative
- Small yogurt or low-sugar Lassi
- Small chunk of cheese

Contains calcium for healthy teeth and strong bones



## Fruits & Vegetables

- Apple
- Banana
- Orange
- Melon
- Peppers
- Tomato
- Kiwi
- Grapes
- Carrot sticks
- Sweetcorn
- Cucumber
- Strawberries

Contains vitamins and minerals for good health



**✗ Please DO NOT include: ✗**

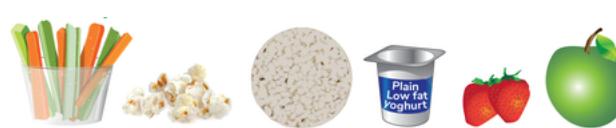


Cakes, chocolate, sugary snacks or fried foods

Foods high in fat, salt and sugar should not be included in lunchboxes.

Eating too much fat, salt and sugar can lead to tooth decay, heart disease and diabetes.

**Swap for: ✓**



Soreen, rice cakes, plain popcorn, fruit and veg

Water is available at lunchtime, it's free and has lots of health benefits.

Insulated lunchboxes and ice packs help keep food fresh.