

BRADFORD'S PACKED LUNCH TOOLKIT

**AGES
5-11**

It is important that children 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 the lunchbox is tasty and well-balanced to keep children focused and maximise their learning.

Carbohydrates

Choose wholegrain options where possible:

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



Fruit & Vegetables

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

Contains vitamins and minerals for good health

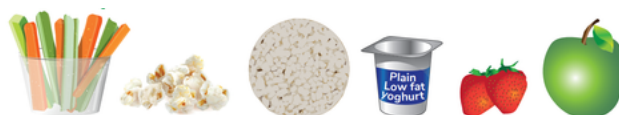


✗ Please DO NOT include: ✗



Cakes, chocolate, sugary snacks or fried foods

⇄ Swap for: ✓



Sreen, rice cakes, plain popcorn, fruit and veg

Foods high in fat, salt and sugar should not be included in children's lunchboxes. Eating too much fat, salt and sugar can lead to tooth decay, heart disease and diabetes.



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

Insulated lunchboxes and ice packs help keep food fresh