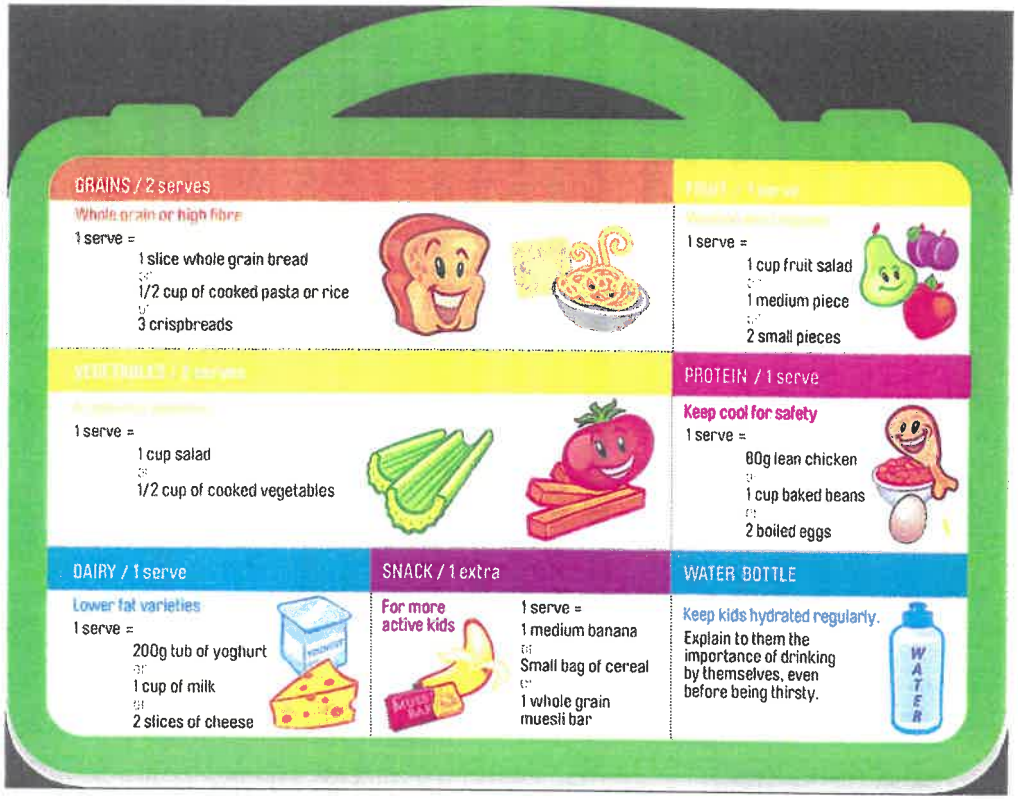
What is a Healthy Packed Lunch?

Create Healthy Habits—build strong bones by eating the following

- Starchy foods like bread, rice, potatoes or pasta.
- Protein foods like meat, fish, eggs or beans.
- A dairy item, like cheese or yogurt.
- Vegetables or salad and a portion of fruit.
- Water



Useful Web Addresses

BBC Healthy Lunchbox ideas

Food4Life Healthy Lunchbox App

Sugar & our Health

Sugar SmartGuide to Reading Food Labels

Packed lunches should **not** include:

- Crisps or crisp type snacks
- Sweets

MON	TUES	WED	THUR	FRI