

A Healthy Packed Lunch

It has come to our attention that some children are not being given an appropriate or healthy packed lunch. A packed lunch should contain a variety of food including sandwiches, fruit, snack and a drink. Here are some ideas that should be included in your child's lunch box everyday.

According to [NHS choices](#) a balanced lunchbox should contain:

- 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
- A portion of fruit

For more ideas visit-

www.bbcgoodfood.com/howto/guide/school-packed-lunch-inspiration

