



DO YOU WANT TO **SAVE YOURSELF SOME TIME?**



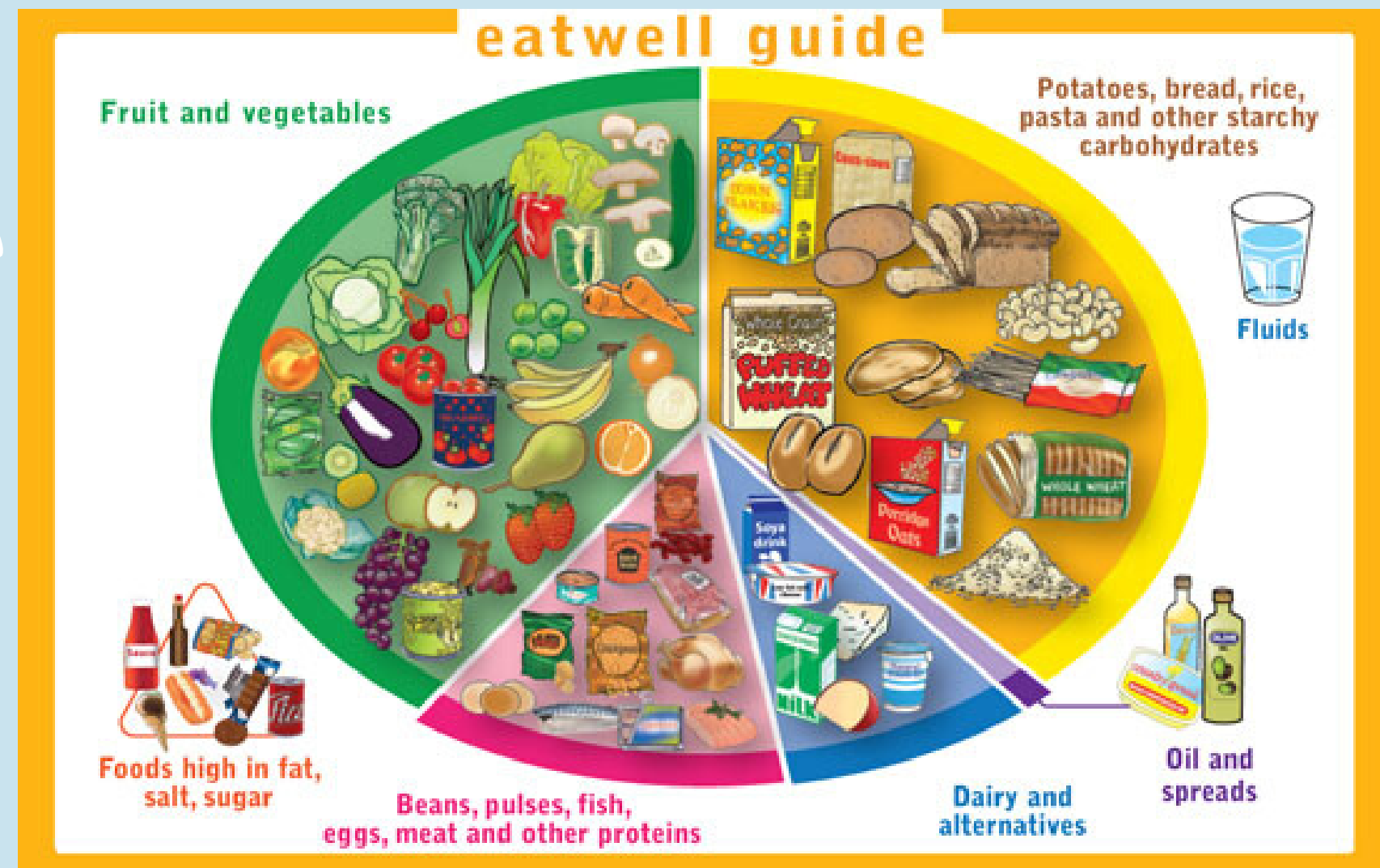
Chartwells offer hot meals or a varied packed lunch option, which is already compliant to the School Food Standards.

ORDER TODAY!

Healthy eating is all about a balance! Let's consider the Eatwell Guide when making a packed lunch!



THIS PACKED LUNCH GUIDE IS NUTRITIONIST APPROVED



DID YOU KNOW?

Only 1.6% of packed lunches from home meet the nutritional standards, whereas school meals do!



TOP TIPS!

Fruit & Vegetables
These can be fresh, frozen or tinned, providing the necessary vitamins and minerals your child needs. Always remember a colourful, varied 5 a Day!



Starchy Carbohydrates
These are your child's main energy source. Try to include skin on potatoes or brown varieties e.g. brown bread, brown pasta or rice for more fibre and B-vitamins!

WHAT MAKES A HEALTHY PACKED LUNCH?

- FRUIT & VEG (at least 2 portions per lunchbox)
- CARBOHYDRATE (at least 1 portion per lunchbox)
- BEANS, PULSES, FISH, EGGS, MEAT & OTHER PROTEINS (at least 1 portion per lunchbox)
- OILY FISH (at least 1 portion every week)
- DAIRY (at least 1 portion per lunchbox)
- DRINK, ideally water (at least 1 per lunchbox)



Dairy
Dairy (milk, cheese & yogurt) provide calcium, essential vitamins and extra protein to help build bones & teeth. Tofu and leafy greens also provide calcium.

Protein
Proteins are the building blocks of the body, helping your little one to grow! Try to include fish, including tuna and salmon (an oily fish!) at least twice weekly, opt for lean meat and don't forget plant proteins like beans, chickpeas or pulses count too!



Try to not include...

Salty snacks, confectionary or sugary drinks → These can result in rotten teeth, poorly tummies & reduced concentration



ALWAYS REMEMBER TO CHECK THE LABELS!