

# BARNSELEY'S PACKED LUNCH TOOLKIT

By choosing the recommended portions from each of the 4 main food groups will ensure your child has a tasty, well-balanced packed lunch to keep them focussed and maximise their learning.

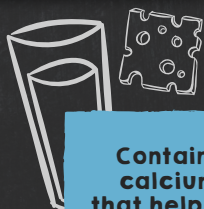
**5-11 YEARS**

## DAIRY

& DAIRY FREE ALTERNATIVES

### Choose 1 portion

- Small glass = 150ml semi skimmed milk or dairy free alternative (with added calcium & unsweetened)
- 1 small pot of yogurt or unsweetened custard
- Match box size (30g) of cheese



Contains calcium that helps to keep teeth and bones healthy

## CARBOHYDRATES

### Choose 1 portion

- 1-2 slices of bread
- Small bread roll
- Pitta bread
- 1 dinner plate sized wrap
- 2-3 tablespoons rice, pasta or other grains
- 2 egg sized potatoes



Provides lots of energy

## FRUIT & VEGETABLES

Contains vitamins & minerals which are needed for good health

- Apple
- Banana
- Pear
- Strawberries
- Carrot sticks
- Tomatoes
- Peppers



A portion is a medium sized piece of fruit, or a child's handful of chopped fruit or veg

## PROTEIN

Needed for growth & repair of muscles

### Choose 1 portion

- Eggs
- Poultry: chicken or turkey
- Lean meat: beef, pork or lamb.
- Fish: salmon, tuna or sardines
- Non-meat protein: houmous, lentils, beans or pulses



A portion is the size of your child's palm

- 1 Choose a main course: which contains 1 portion of carbohydrate and 1 portion of protein, use ideas from above.
- 2 Add some salad or vegetables: using frozen veg or cooking extra the night before are quick and cost effective options.
- 3 Add a little something else: Fruit, yoghurt, low sugar jelly, rice cakes, malt loaf or plain popcorn are healthy options.

## HEALTHY DRINKS

1. Remember to pack a drink. Tap water is the cheapest way to keep your child hydrated. Other alternatives that are healthy & less damaging to teeth are low fat milk or sugar free fruit squash.
2. Fruit juice is another option and will count towards 1 of their 5 a day. Limit to 150ml a day due to the sugar content.

## TASTY TRADES

1. Swap crisps for plain popcorn or plain rice cakes.
2. Swap the sweets, cakes, cereal bars and chocolate for fruit cake, malt loaf or fresh, tinned or frozen fruit.
3. Cut back on fat by using reduced fat spread, low fat yoghurt & cheese.
4. Swap white bread and pasta for brown versions to keep little tummies fuller for longer.



**BARNSELEY**  
Metropolitan Borough Council