
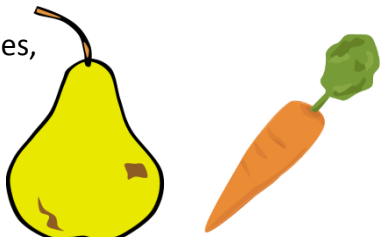
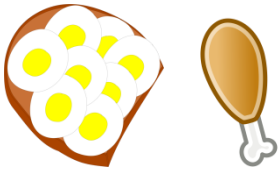







## Healthy Packed Lunch Guidelines - 2015-16

The main part of a packed lunch should come from sections 1 & 2, with some protein and/or dairy. There should be no more than one small treat!

<p><b>1</b></p>	<p><b><u>Carbohydrates</u></b> E.G: Sandwiches, Bagels, Wraps, Crackers - brown and granary bread are best Rice salad, Pasta salad</p>	
<p><b>2</b></p>	<p><b><u>Vegetables</u></b> E.G: Salad in a pot, Carrot sticks, Cucumber sticks, Tomatoes,</p> <p><b><u>Fruit</u></b> Eg. Fruit Salad, Fruit Kebabs, Whole fruits, Dried fruits</p>	
<p><b>3</b></p>	<p><b><u>Proteins</u></b> E.G: Cold Meat, Fish, Sausage Rolls, Plain Chicken, Boiled Egg</p>	
<p><b>4</b></p>	<p><b><u>Dairy</u></b> E.G: Milk, Yoghurt, Cheese, Cheesy Pasta</p>	
<p><b>5</b></p>	<p><b><u>Treats</u></b> E.G: Small Wafer, Plain Biscuit, Packet of Crisps, Jelly</p>	
<p><b>6</b></p>	<p><b><u>Drinks</u></b> E.G: Water, 100% Fruit Juice, Fruit Smoothie (<u>NO</u> Fizzy Drinks)</p>	



**Article 24:** Every child has the right to the best possible health. Governments must work to provide good quality health care, clean water, nutritious food and a clean environment so that children can stay healthy. Richer countries must help poorer countries achieve this.