

Lunchbox checklist



Have you included ...

a good portion of starchy food, e.g. wholegrain bap, thick sliced wholemeal bread, chapatti, pitta pocket, pasta or rice salad?

plenty of fruit and vegetables, e.g. an apple, satsuma, handful of cherry tomatoes or carrot sticks, mini-can of fruit chunks in natural juice or small box of raisins?

a portion of semi skimmed milk or dairy food, e.g. individual cheese portion or pot of yogurt?

a portion of lean meat, fish or alternative, e.g. ham, chicken, beef, tuna, egg, or hummus?

a drink, e.g. a fruit juice, semi skimmed milk or water?