Churchfield CE Academy

Healthy Packed Lunch Leaflet



Green Foods

You should include these foods on a daily basis.

1 portion of fruit and 1 portion of vegetables. This could include fresh, tinned or dried.



A type of starchy food such as bread, rice, pasta, pittas, bagels, wraps etc. Try to include wholegrain varieties



Meat, fish or other sources of non-dairy protein (e.g. lentils, kidney beans, Quorn, chickpeas, eggs).

Dairy food such as milk, cheese, fruit yoghurt or fromage frais.



Water, squash or milk drink.

Amber Foods

These types of food could be included occasionally as part of a balanced packed lunch

High salt or fat snacks such as, snack-a-jacks, crackers, bread sticks, baked crisp.



Small cakes or fruit cake such as scones, tea cakes or malt loaf



Biscuits, flapjacks or fig rolls



Processed meat products such as sausage rolls, Pies, corned beef, pasties, pepperami or sausages.

Red Foods

These foods are **NOT** allowed in lunch boxes

X Sweets and chocolate bars - these are high in sugar and calories, low in goodness and harmful for teeth.



X Fizzy drinks – water is best for teeth.



X **NO NUTS** – in case of allergies this includes Nutella spread

