

Each day choose at least one food from each group for your children's pack lunches- preferably two choices from the fruit and vegetables. This will provide a balanced diet across the main food groups and make a great start towards their daily requirements for growth and sports! Older children can take responsibility for preparing their own lunch box, encouraging them to think about balancing their meals.

Pack lunches

for primary age children

Name: _____

...And remember the water bottle



Breads and cereal food group



These foods are carbohydrate based and therefore provide a good source of energy.

Bread rolls or sandwich bread
Wraps, pita pockets, buns, raisin bread
Crackers
Mini muffins or small savoury scones

Some children may like small serves of pasta salads or rice salads, or rice could be in the form of sushi.

Fruit and vegetable food group



Fruit is another good source of energy and vegetables are great for vitamins. Try to include one fruit and one vegetable option, or 2 fruit options

Fruit (raw or pottles of stewed fruit) or dried fruit

Cocktail tomatoes, carrot or cucumber sticks, mini salads, etc.

For the more adventurous, gherkins and olives

Dairy food group



Dairy foods are a great source of protein, which satisfies hunger and helps to repair the body. Dairy based foods are also a great source of calcium.

Cheese – sticks, cubes or in sandwiches or with crackers

Yoghurt or yogurt drinks

Flavoured milk

Cottage cheese

Proteins



Whether the protein comes from this group, or the dairy group, aim to include a protein based food in the lunch box daily to help ensure the lunch box energizes your child.

Meat, chicken & fish (tuna, salmon)

Egg, baked beans or other dried beans. These could all be served either separately, or as part of a sandwich filling, or as part of a salad.

Nuts

You may also want to add one of the following treats occasionally:
Baked muesli bars, natural jellies in a bag, popcorn, home made fruit muffins