

Eastbury's Healthy Pack Lunch



eastbury
primary
school
Succeeding together

A pack lunch should consist of a balanced variety of foods. Like starchy foods: bread, rice, potatoes, or pasta.



Protein foods: meat, fish, eggs or beans.

Dairy items: cheese or yogurt.

Vegetables or salad and portions of fruit.

Cutting out foods that are high in salt and sugar is a huge step to creating a healthy lunch for your child.

Simply swapping crisps, sweet biscuits, and chocolate bars are a step in the right direction.



Try Some of these ideas:

