



Stampers Packed Lunch Guidelines

Packed lunches should include:

- At least one portion of fruit and or vegetable (this could include a dried fruit)
- A portion of protein - meat, fish or other source of non-dairy protein (e.g. lentils, chick peas, hummus)
- A portion of starchy food such as bread (white or wholemeal), pasta, rice, noodles, breadsticks, rice cakes, oatcakes
 - A portion of dairy food such as cheese, yogurt, fromage frais
 - A smoothie or yogurt drink
- A dessert – just one (who doesn't love a sweet treat after lunch?!) – preferably made with wheat, fruit or milk.
 - A drink – water, semi skimmed or whole milk or diluted fruit juice

Packed lunches should avoid:

- Items of confectionery such as chocolate bars and sweets.
 - Salty snacks such as crisps
- Sausage rolls and pies should only be included occasionally (eg once a week)
 - No fizzy drinks.