

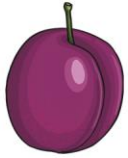


## Healthy packed lunches and snack

Making tasty, healthy and interesting packed lunches can feel like hard work!

At Rudyard Kipling we promote healthy eating and an active lifestyle.

### For morning snacks



Children in Reception are provided with a piece of fruit daily all year and a carton of milk daily up to the age of 5.



### Packed Lunch

Try to aim for a balanced diet to include something from the following food groups:



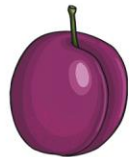
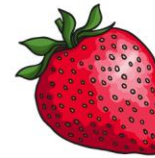
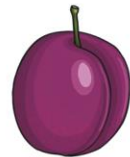
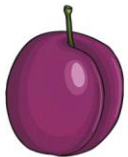
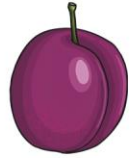
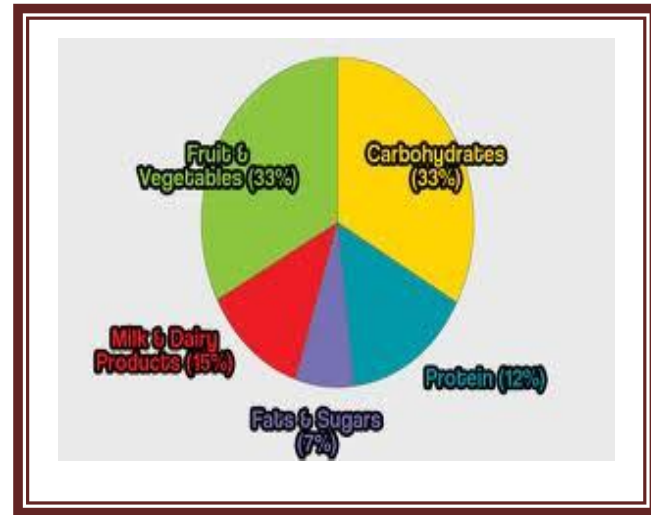
Carbs (bread, pasta, rice)

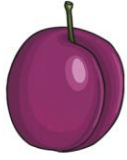


Protein (eggs, cheese, beans, meat)

Diary (yoghurt, cheese)

Fruit or veg





If you're stuck for ideas and bored of marmite sandwiches here's a few ideas to try...



CARBS and PROTEIN

DIARY

FRUIT AND VEG

ALTERNATIVE TREATS

- Chicken wraps
- Pitta and humous
- Pesto pasta
- Tuna pasta
- Star shaped ham/ cheese sandwiches
- Homemade pizza
- Quiche
- Cheese scone
- Spelt pasta and veggies
- Tomato soup in a thermos

- Cream cheese pasta
- Fromage frais
- Baby bells/ cheese sticks
- Cheese and crackers
- Cream cheese on rice cakes

- Cucumber, peppers and carrot sticks
- Cous cous salad
- Fruit salad
- Smoothies
- Avocado
- Mixed berries
- Raisins and sultanas

- Popcorn
- Raisin flapjacks
- Dried apricots or mangos
- Chocolate dipped strawberries and tangerines
- Oatie bars

