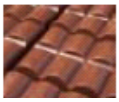
For a balanced packed lunch select these healthier foods and drinks:

	**Fruit and Vegetables**	Try to include one a day. Any fruit and vegetables can be included, please see the 5 A DAY resources at www.5aday.nhs.uk ✔
	**Meat and Alternatives**	SFT recommend limiting corned meat/beef, Leeds consider this option a valuable and affordable source of iron. ✔
	**Oily Fish**	The canning process of tuna destroys omega 3 and 6 but remains an excellent source of protein. ✔
	**Starchy Food**	All varieties of bread are acceptable. ✔
	**Milk and Dairy Food**	Milk and dairy products ideally should be stored in a refrigerator or cooler bags/boxes. ✔
	**Drinking Water**	✔
	**Healthier Drinks**	✔

Avoid including these foods in packed lunches:

	**Snacks**	⚠
	**Confectionery**	⚠
	**Meat Products**	⚠

†Be aware of nut allergies. Refer to the school policy on nuts or visit **www.allergyinschools.co.uk** for more information