



Healthy Lunchbox Traffic Lights



A simple guide to help you pack nutritious lunchboxes



GREEN - Pack these EVERY day!

Fruit & Vegetables

- Fresh fruit (apples, bananas, berries, grapes - cut lengthways)
- Vegetable sticks (carrots, cucumber, peppers, cherry tomatoes - cut in half)
- Salad items

Water

- Plain water is the best drink for your child

Wholegrain Foods

- Wholemeal bread, wraps or pitta
 - Plain pasta or rice
 - Oatcakes or plain crackers
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AMBER - Include these for balance

Protein Foods

- Lean meat (chicken, turkey, ham)
- Fish (tuna, salmon)
- Eggs
- Beans, chickpeas or lentils
- Cheese (small amounts)
- Hummus






Dairy

- Yoghurt or fromage frais
 - Milk
 - Small amounts of cheese
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RED - Save these for home treats

Please DON'T pack:

-  Chocolate bars or sweets
 -  Cakes or biscuits
 -  Crisps or salty snacks
 -  Sugary drinks (juice, squash, fizzy drinks)
 -  **ANY FOODS CONTAINING NUTS** (we are a nut-free setting)
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Remember: A balanced lunchbox includes something from the GREEN section, something from the AMBER section, and water to drink!