For a balanced packed lunch select these healthier food and drinks

Fruit and Vegetables — Include at least one portion of fruit and one portion of vegetables or salad everyday. This includes all fresh, dried (without added sugar and fat), tinned fruit and vegetables. √

Meat and Alternatives — Include everyday. Includes cooked meats, fish, eggs or another source of non-dairy protein. Non dairy sources of protein include lentils, kidney beans, chickpeas, hummus and falafel. √

Starchy Foods — A starchy food such as any type of bread or pasta, rice, couscous, noodles, potatoes or other cereals, should be included every day. √

Milk and Dairy — Include a dairy food such as milk, calcium fortified soya milk, cheese, yoghurts, fromage frais, rice puddings or custard everyday. √

Drinking Water — Free, fresh drinking water will be available to all children having packed lunches. √

Healthier Drinks — Include only water, still or sparkling, 100% fruit juice, milk, yoghurt or milk drinks (that contain less then 5% sugar per 100g). √

Avoid including these foods in packed lunches

Crisps and Salted Snacks — Snacks such as crisps and flavoured rice or corn crackers should not be included. Instead include unsalted nuts†, seeds, vegetables and fruit (with no added sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice. Other suitable alternatives include fruit buns, crumpets, fruit bagels, currant bun/tea cakes. X

Confectionery — Confectionery such as chocolate and chocolate coated products, sweets, cereal bars, sweet pastries and yoghurts with confectionery corners should not be included. A small piece of cake (without icing) or a biscuit are allowed but please ensure portions are within reason. X

Sugary Drinks — Juice drinks and fizzy drinks are not allowed in packed lunches. Instead include 100% pure juice or water. X

Meat products — Meat products such as pepperoni sticks and salami should not be included in packed lunches. Breaded products, sausage rolls, and sausages should be included only occasionally X