

POWER PACKED LUNCHES

NHS
Hastings and Rother



Produced by Hastings and Rother Primary Care Trust

Choose one from each group for a healthy, tasty lunchbox.

To provide the nutrients your child needs to grow and be healthy, choose one from each group for a tasty lunchbox.

sandwich
pitta bread
pizza

Provides
carbohydrates
for energy

fun fillings

ham and lettuce
sardine and tomato
cheese and cucumber

Source of protein, vitamins
and minerals for growth

yogurt

custard

cheese cubes

Gives us calcium
for strong bones
and teeth

apple
banana
pear

carrot
pepper
cucumber

For fibre, vitamins and
minerals for keeping healthy

water
fruit juice
milk

Keeps us
hydrated

dried fruit
flapjack
cheese scone

For variety