**Packed Lunch Additional Guidance**

Name of Provider: HAF Delivery Period - Winter / Easter / Summer

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | | | Standard Met? | |
| Food Group | Requirement | Examples of Options Available | Week (Y/N) | |
| Fruit & Vegetables | 2 portions per Day | Apple / Banana / Berries / Citrus / Melon etc |  |  |
| Carrot sticks / Celery / Crudites / Sugar Snap Peas / Cucumber etc |  |  |
| Starchy Food | 1 Portion per Day | White or Wholegrain Roll |  |  |
| Pitta or Wrap |  |  |
| Pasta / Rice Salads |  |  |
| Couscous / Quinoa |  |  |
| Potatoes |  |  |
| Noodles |  |  |
| Protein | 1 portion per Day | Cooked Meat - eg Ham, Chicken, Turkey etc (Halal as appropriate) |  |  |
| Tuna |  |  |
| Eggs / Cheese |  |  |
| Yoghurt |  |  |
| Non Dairy Protein | 1 portion per Day for vegetarian / vegan | Lentils / Kidney Beans / Hummus / Falfal / Peanut Butter |  |  |
| Oily fish once or more every 3 weeks overall |  |  |
| eg. Salmon / Sardines / Mackerel / Anchovies / Herring |  |  |
| Foods High in Fat, Sugar and Salt | Occassional Maximum  1-2 x week | Cakes / Biscuits / Ice Cream / Crisps / Doughnuts |  |  |
| Sweets |  |  |
| Pastries - Sausage rolls / Pies / Pasties |  |  |
| Confectionery - chocolate including chocolate covered bars / sweets |  |  |
| Drink | Recommended Options | Free, fresh drinking water available at all times |  |  |
| Water / Fruit Juice / Milk / Smoothie / Yoghurt |  |  |
| (See guidance on overall sheet) |  |  |
|  | | | | |
| Suggested Alternatives & Swaps | Swap this item | For one of these |  |  |
| Fruit Bar | Dried fruit - Apricots / Raisins / Sultanas (1 portion size for each individual is the same as the amount as that person can hold in the palm of their hand) |  |  |
| Yoghurt | Look for reduced / low sugar options (not necessarily low fat) |  |  |
| Crisps | Popcorn or Rice Cakes |  |  |
| Fruit | Pre sliced & prepared (squeeze lemon juice on to stop browning) or tinned fruit in juice - NOT syrup |  |  |
| Snack Bars | Crudites - Carrot Sticks, Cucumber Sticks, Celery, Cherry Tomatoes |  |  |
| White Bread | Mix 1 slice white with 1 brown/wholegrain, or try 50/50 loaves |  |  |
| Processed meats | Ham, Chicken, Turkey cooked meat slices instead of sausage rolls, pepperami, corned beef |  |  |
| White Pasta & Rice | Mix wholegrain pasta or brown rice with white/normal pasta/rice |  |  |
| Cake/Chocolate | Malt loaf, Fruit loaf, Seeded Flapjack or Fruit based cake |  |  |
| Jelly | Sugar free jelly |  |  |

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