



## At a glance: The ISD Elementary School packed lunch policy



For a balanced packed lunch, please select these healthy food & drinks



**Fruit and Vegetables**

Please include at least one portion of fruit and one portion of vegetables or salad every day.



**Meat & Alternatives**

Meat, fish or another source of non-dairy protein should be included every day. Non dairy sources of protein include lentils, kidney beans, chickpeas, hummus and falafel.



**Oily Fish**

Include oily fish, such as salmon, *at least* once every three weeks.



**Starchy Food**

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 Food**

Include a dairy food such as semi-skimmed or skimmed milk, cheese, yoghurt, fromage frais or custard every day.



**Drinking Water**

Free, fresh drinking water are available at all times. Children can refill water bottles through the day.



**Healthier Drinks**

Include only water, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies.



Please, avoid including these foods in packed lunches



**Potato chips/crisps**

Potato chips/crisps should not be included in snack or lunch. Instead, include seeds, vegetables and fruit (with no added salt, sugar or fat). Savory crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.



**Candy**

Confectionery such as chocolate bars, chocolate-coated biscuits and candy should not be included in snack or lunch. Cakes and cookies are allowed but only as part of a balanced complete meal.



**Sodas**

Bottled or canned sodas are not permitted with either snack or lunch. Please send fruit juice, water, smoothies or milk drinks

