

What to have for lunch?

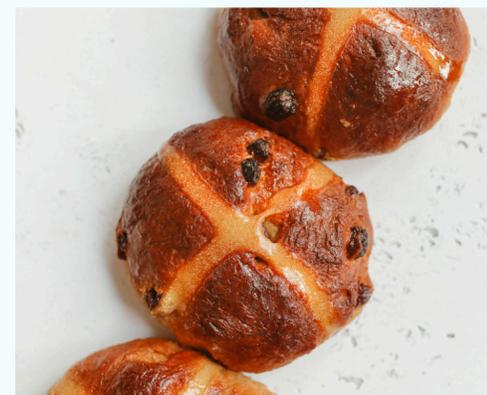
Base your main lunchbox item on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.

Why not try making a batch of pasta, rice or quinoa salad, this will save you time! Add in some protein such as cooked lean meat like chicken, fish or non-meat alternative.



If you include a piece of fruit and a portion of veg, that is 2 of your 5-a-day!

Swap cakes, chocolate, cereal bars and biscuits for malt loaf, fruited teacakes or fruit breads.



Be a positive role model!

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