

# GROW YOUR OWN POTATOES



## Factsheet 6: Healthy lunchbox checklist

Have you got:

A good portion of starchy food, e.g. potato salad, thick wholemeal bread, chapatti, pitta pocket.



Plenty of fruit and vegetables, e.g. an apple, a satsuma, a handful of cherry tomatoes or carrot sticks, a mini-can of fruit chunks in natural juice or a small box of raisins.



A portion of dairy food, e.g. an individual cheese portion or a pot of yogurt.



A portion of lean meat, fish or an alternative, e.g. ham, chicken, beef, tuna, egg, hummus or a bean/lentil salad.



A drink, e.g. fruit juice, milk a smoothie or water.

