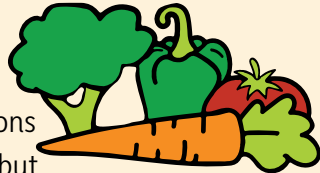


# The Eatwell Guide

When at school your child receives a balanced meal to ensure they are getting all the nutrients they need to support their growth. We've collated some tips to help you get the most out of the supermarket voucher you receive over the school holidays

## Fruit and Vegetables

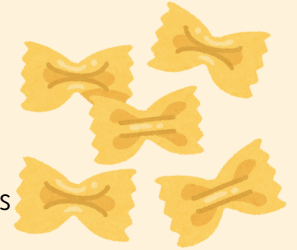


Children should be eating 5 portions of fruit and vegetables every day but any is better than none

You can use the vouchers to buy fresh, tinned or frozen options which all contain the nutritional benefits

If you choose tinned fruit options try to pick items in natural juice rather than syrup

## Carbohydrates



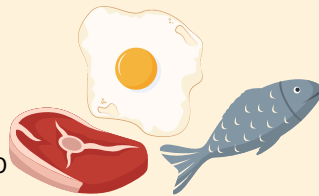
Carbohydrates are the main source of energy and provide a range of nutrients for your child

Bread, rice, pasta, potatoes and other grains are all common forms of carbohydrate that you can include in your child's meals

Using wholegrain varieties provide more nutrients.

Choosing brown bread or pasta can have health benefits

## Protein



Protein provides children with the nutrients to help them grow and also supports their immune system.

Protein is best known to be found in meat however, eggs, beans, lentils and peas are also good protein options

When choosing meats, eating less red meat and processed meats like ham have been shown to be best for health

## Dairy and alternatives



Dairy is important for children as it helps to strengthen bones, teeth and muscles

Milk, cheese, yoghurt and fromage frais are good sources of dairy that can be included in your child's diet

Soya drinks and yoghurts are a good alternative for those who do not eat dairy products for dietary or personal reasons

**If you would like to find some affordable and healthy recipe suggestions:**

**BBC budget recipes:** <https://www.bbc.co.uk/food/budget>

**NHS better health:** <https://www.nhs.uk/healthier-families/recipes/>

**If you would like to read more about the food groups and nutrition:**

<https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>