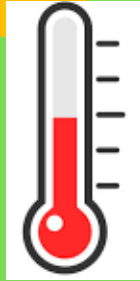


**WE CAN'T HEAT UP
FOOD OR CHECK
TEMPERATURES.**



**PLEASE USE AN ICE BLOCK TO
KEEP THINGS COOL AS
LUNCBOXES ARE STORED AT
ROOM TEMPERATURE.**



We provide milk or water to drink. You can send in ready to drink sugar free squash for lunch.
NO FIZZY DRINKS.



NO NUTS
(INCLUDING SPREADS)



NO CHOCOLATE
NO SWEETS



NO POPCORN

this can be a choking risk.



Did you know?

Lower fat milk, cheese and yogurt still has the same amount of calcium as full fat versions, which supports growing bones and teeth.



**choose low
sugar yoghurts.**



Pack a **HEALTHY LUNCHBOX**

Love your packed lunch!



Include starchy carbohydrates to refuel.

Pack a sandwich, roll, bagel, wrap or pitta.

Why not fill it with cooked meat, eggs, cheese or tuna.

Did you know?
Sliced processed meats are higher in salt than meat you have cooked yourself. Why not use leftovers from dinner the night before?

Or how about some pasta, couscous or noodles?

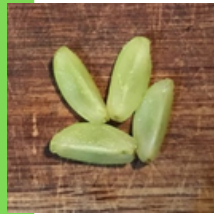


CREATE A HEALTHIER PACKED LUNCH

Pack 1 portion of fruit and 1 portion of veg



Cut up grapes and tomatoes to avoid choking.



veg



apples
banana
pears
orange
carrot sticks
cucumber sticks
pepper sticks
berries
grapes
tomatoes

Try to avoid fruit winders and dried fruits as these have high sugar content.

Why not add some cheese or a yoghurt?



Please grate hard cheese to avoid choking.

Occasionally



Sausage rolls, cocktail sausages and other processed meats are high in salt.

Sugary cakes and biscuits and other sweet treats.



Try to choose plain cakes and biscuits.