

Healthy Lunch boxes



As part of our healthy schools initiative, we are looking at healthy snacks and lunch boxes.



Keep it balanced

Nutritionists recommend that a healthy lunchbox consists of.....

- ★ Bread, pasta, rice or potato.
- ★ Meat, fish or eggs.
- ★ Cheese, yogurt or milk
- ★ Vegetables, salad or fruit.
- ★ A drink of water, or juice.



Keep it cool

Maybe invest in a cool pack to keep your child's lunch cool.

Or freeze their yogurts or smoothies to help keep the food cool, these will thaw by lunch time and be ready to eat.



Don't overpack

Children's appetites are much smaller than you think. To avoid overwhelming your child or causing lots of waste, try to not pack too much in.



A cool tip

Try using cookie cutters, to shape your child's sandwiches to make them look more appealing.

The healthy schools scheme continues to help support schools to improve children's health and wellbeing with the hopes that the benefits go well beyond the classroom and into their future lives.

Mrs Sales thanks you for your continued support