



Healthy Packed Lunches

Good food = Happy brains = Ready to learn! ♥



Pack a variety for energy all day! ♥



Make it a balanced lunch! ♥



Sandwich
(wholegrain preferred)



Fruit
(fresh or dried)



Veg
(sticks, salad or raw)



Dairy item
(yogurt, cheese or milk)



Water or Sugar Free Squash
(no fizzy drinks)



Only biscuit based chocolate bars
(e.g. Penguin, KitKat etc.)

Occasionally...

You can have crisps or a chocolate bar (biscuit based only) as a treat – not every day!



Only biscuit based chocolate bars
(e.g. Penguin, KitKat etc.) ♥

Please do NOT bring:



No sweets
(chocolate, lollies, gummies, etc.)



No nuts
(nut free school)



No fizzy drinks



No hazelnut spread



No hazelnut filled croissants

Healthy choices help you grow! ♥

Fuel your day • Be kind to your body • Learn, grow, achieve! ♥