

TIRED OF PACKING

THE SAME



OLD LUNCHES !

HERE ARE SOME IDEAS:



← NOT THIS FOOD



← THIS FOOD 😊

INFORMATION LEAFLET FROM

FRAMFIELD C.E PRIMARY SCHOOL COUNCIL



Healthy Body, Healthy Mind

Here at School Council we believe if your child/children have a healthy lunchbox they will have a great mind set in all lessons.

We understand the lunchbox will take time but it is worth it. Your child will be happier and more focused and have more energy for the coming day. But also at the end of the week the healthiest lunch box will win a sticker.

MAKE A BETTER PACKED LUNCH HAVE A COLOURFUL LUNCHBOX



HAVE SOMETHING YOUR STYLE FOR YOUR LUNCHBOX:

- Wraps and pots of fillings can be more exciting for children when they get to put them together. Dipping foods are also fun and make a change from a sandwich each day.
- Cherry tomatoes (cut in half for preschool children) or sticks of carrot, cucumber, celery and peppers all count towards their 5 A DAY. Adding a small pot of reduced-fat humous or other dips may help with getting kids to eat vegetables.

- Dried fruit counts towards your 5 A Day, but can stick to teeth so should only be eaten at mealtimes to reduce the risk of tooth decay.

9 GOOD IDEAS FOR LUNCHBOXES

1. AVACADO
2. TURKEY SANDWICH
3. RICE CAKES
4. WATER
5. GRAPES (cut in half for preschool children)
6. CELERY STICKS
7. BANANA
8. WHOLEWHEAT PASTA
9. CRACKERS

Remember an ice pack in the all year round

