



CAN I HAVE A HEALTHY PACKED LUNCH PLEASE?

What the School Council say:

It is important for your child to be given healthy food such as **fruit** and **vegetables** so that they keep fit and have a better working brain.

The School Council Team are advising you to put less junk food into your child's packed lunch as this food can distract children from their learning.

It is important that children drink **water** at lunchtime. Sugary drinks should be kept as an occasional treat at home, such as at weekends.

We've noticed that your packed lunch could be healthier.
Please have a look at the leaflet to help you with ideas.



Suggestion 1:

- Bagel (tuna, sweet corn and low fat mayo)
- Water
- Fresh Fruit
- Yoghurt

Suggestion 2:

- Cheese and tomato sandwich
- Apple and banana
- A healthy snack bar
- Whole grain biscuits



HAVE A LOOK AT THE SUGGESTIONS MADE BY THE SCHOOL COUNCIL TEAM

It is easier for people to get into a healthy habit at a young age, so start now!

Help encourage children and other adults to live a healthy lifestyle by making healthy food choices.

Suggestion 3:

- Hot food
- Grapes
- Fruit juice
- Raisins



Suggestion 4:

- Ham salad and pitta bread
- Carrot sticks
- Milk
- A healthy snack bar

