

What's in your child's lunchbox?

Fill it with the

5

1

fruit



2

vegetables



3

dairy



4

wholegrains



5

lean meat & alternatives



Make water your drink



Pack ice bricks to keep food cool



Use a thermos to keep food warm

Useful websites for more information and ideas:

- <https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>
- <https://www.bbcgoodfood.com/recipes/collection/school-lunch-recipes>