






Healthy Lunchbox

Childhood obesity is a concern for everyone. Poor diet is a major contributing factor and many schools have developed work on healthy lunchboxes. To get your child school ready we suggest a healthy packed lunch should include a piece of food from each of the following categories:

starchy food	wholegrain roll tortilla wraps chapatti pitta pocket pasta or rice salad	 
protein; lean meat, fish or alternative	chicken ham beef tuna egg beans houmous	 
fruit and vegetables	carrot sticks cherry tomatoes satsuma apple	 
dairy food	reduced fat cheese yogurt fromage frais	