

HEALTHY LUNCH BOXES

Just a reminder that lunch boxes must contain healthy food options, no sweets or chocolate

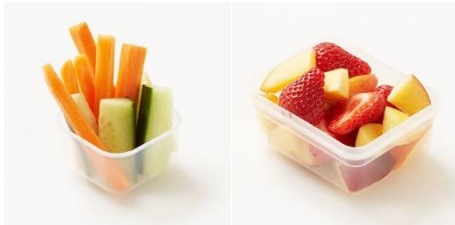
FOR ALL PUPILS SAFETY THIS IS A NUT FREE SCHOOL – ITEMS CONTAINING NUTS ARE FORBIDDEN.

A HEALTHY LUNCH BOX LOOKS LIKE THIS

A Main Dish



Add some fruit or salad



Add a little something else



CHECK OUT THE “CHANGE 4 LIFE” WEBSITE
FOR LOTS MORE IDEAS AND RECIPES

<https://www.nhs.uk/change4life> –

Please also remind your child that rubbish should be placed back in the lunch box to return home.

Thankyou