



HEALTHY PACKED LUNCHES

Pack your child a
**HEALTHY
LUNCH BOX**

Choose a variety of foods from each food group



Fruit	
+	
Vegetables	
+	
Dairy	
+	
Wholegrains	
+	
Lean meat & alternatives	
=	A Healthy Lunch Box

You can find lots of useful tips and ideas by clicking on the following links:

<https://www.nhs.uk/change4life/recipes/healthier-lunchboxes#lunchbox-recipes>

<https://www.publichealth.hscni.net/sites/default/files/Healthier%20Lunchbox%20Leaflet.pdf>

<https://www.bbcgoodfood.com/howto/guide/school-packed-lunch-inspiration>

<https://www.bbc.co.uk/bitesize/articles/z4fmd6f>