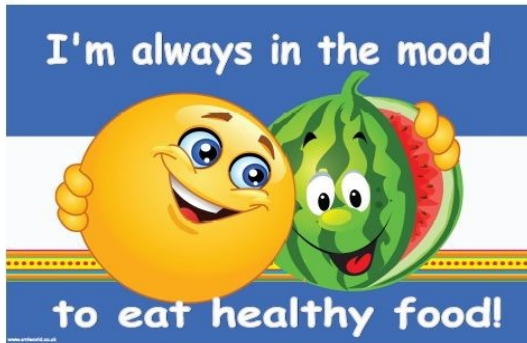


HEALTHY SCHOOLS NEWSLETTER

MAY 2022



This Issue:

Healthy
Lunchboxes

Tips for a healthy lunch box

A good portion of starchy food, for example wholemeal roll or bread, wraps, pitta pocket, pasta or rice salad.

Plenty of fruit and vegetables, for example an apple, satsuma, handful of cherry tomatoes or carrot sticks, mini-can of fruit chunks in natural juice or a small box of raisins.

A drink of semi-skimmed milk or a portion of dairy food, for example individual cheese portion or pot of yogurt.

A portion of lean meat, fish, eggs or beans, for example ham, chicken, beef, tuna, egg or hummus.

A drink, for example unsweetened fruit juice, semi-skimmed milk or water.

