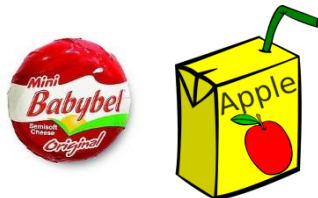
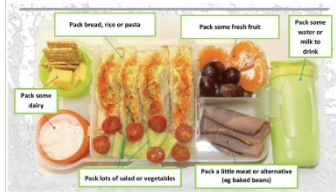


A Healthy Lunch box



EVERYDAY FOOD FOR THE LUNCHBOX:
GETTING THE BALANCE RIGHT



Food to limit (no more than 1 item per lunch box)

If there are more than 1 of these items your child will be asked to leave it in the lunch box



Foods that must never be in a packed lunch

These items will be removed from your child's lunch box and a suitable replacement found

