Lunch box ideas

Egg roll, cucumber and tomato, and yoghurt and blueberries

Top tip: Make it fun and include your child.

Dairy food or alternative

Plain yoghurt



Cucumber sticks Cherry tomatoes Blueberries

Check traffic light system on packeted food.

Recommended

Starchy food

Brown bread roll

Protein food

Hard-boiled egg

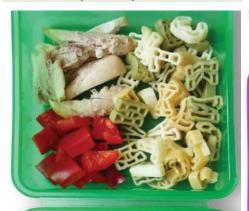
Ham, cheese, cucumber shaped sandwiches

a day. Try to avoid added sugar and lower

salt intake.

grams of sugar for 4-7 year olds is 19g

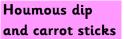




Tuna and sweetcorn pasta









Apple and carrot flapjacks

Lettuce and kiwi



Veggies, Soreen and melon



