

Healthy Lunch Boxes



What we love to see in a lunch box...



Sandwiches



Wraps



Pasta



Cheese



Water



Yoghurt

Fruit &
Vegetable
sticks



What we only want to see one portion of in your lunch box...



Crisps



Fruit snacks



Cupcake or
cake bar



Biscuits



Chocolate
biscuits



What do not want to see in a lunch box...



Marshmallows



Chocolate
Bars



Sweets



Any drinks which
are not water

*We think that around 5 items are
enough in your lunchbox.*