

A Guide to Building...

Healthy Snacks & Lunchbox

P2IP

Bring **WATER** everyday!

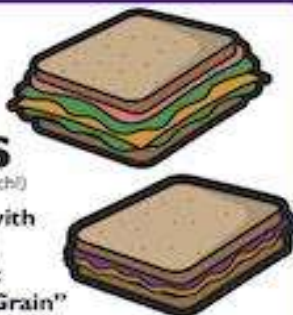
Putting tap water in a reusable bottle is FREE and will help keep your child hydrated all day!



Whole Grains

(Great for Snack or Lunch!)

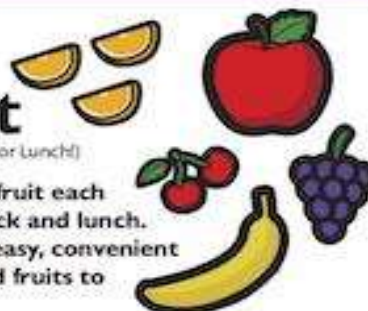
Make sandwiches with whole grain bread. Look for labels that say "100% Whole Grain"



Fruit

(Great for Snack or Lunch!)

Pack fresh fruit each day for snack and lunch. These are easy, convenient ways to add fruits to your day



Pack healthy snacks each day. Add a healthy sweet or savory treat. Try whole grain crackers and pretzels for savory snacks or dried fruits for sweet treats.

Snacks



Add veggies in your child's lunch. They add a healthy crunch instead of chips.

Veggies

(Great for Snack or Lunch!)

We hope you will find this leaflet helpful when choosing food for your child's lunch box. Your child will have had snack during the morning session, so will not need a large lunch box. PLEASE CAN YOU ENSURE THAT GRAPES AND TOMATOES ARE CUT UP AS THEY ARE A CHOKING HAZARD. We actively encourage the children to drink water or milk whilst at pre-school/nursery rather than juice, which remains on their teeth.

We do not allow sweets or chocolate in lunch boxes. Thank you for your co-operation.