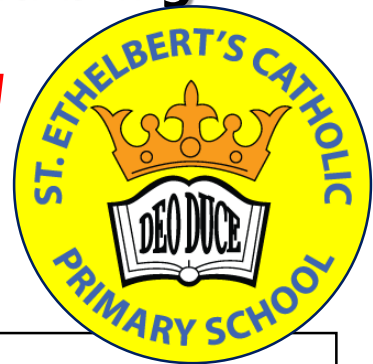


Examples of what your child could bring:

#WeAreHealthy



FRUIT/ VEG

- Slices of cucumber
- Mini carrot sticks
- Sliced apple
- Baby tomatoes
- Any type of berry



PROTEIN

- Diced chicken (cold)
 - Ham
 - Hummus
- Sunflower or poppy seeds



**Examples
For my
lunch**



- Water in a labelled bottle
- 1 for in class and 1 with lunch

WATER



- Hard boiled egg
- Yoghurt tubes
- Slices of cheese

DAIRY