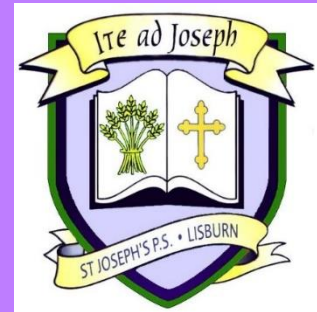


# HEALTHY LUNCH WEEK



**3rd-8th June**

**ARE YOU SICK AND TIRED OF  
THE SAME LUNCHES?**



Throughout healthy eating week, 3<sup>rd</sup> – 8<sup>th</sup> of June, pupil council members will be visiting your class on the look-out for the healthiest lunches!

If they spot a healthy lunch, you will get a sticker and 5 house points. Your lunch may even feature on Twitter!

**Why not experiment this week!**

**Mexican Monday- try tacos or fajitas**

**Tangy Tuesday- try tangy flavours**

**Wacky Wednesday- try new flavours**

**Waste Free Thursday- don't throw any of your lunch away**

**Freestyle Friday- experiment with your food**

When you are packing your healthy lunch, remember to try and use the Eatwell Plate so you can have a variety of different food types in the right proportion. This will ensure a balanced diet.

**SWITCH UP:**

<b>white bread</b>	→	<b>50/50 bread</b>
<b>chocolate</b>	→	<b>cereal bar</b>
<b>full fat crisps</b>	→	<b>oven baked crisps</b>
<b>juice</b>	→	<b>water</b>



**TOP TIPS:** Think about colours when packing lunch

- . Don't skip lunch (or breakfast)
- . Buy a lunch box with dividers in it.
- . Fill your water bottle to a third full, freeze then fill to the top