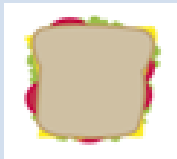


MAKE A LUNCHBOX PACKED WITH HEALTH

When packing a lunchbox follow these easy steps to create a healthy balanced meal

1. TAKE SOME BREAD



- White, 50:50, wholemeal or perhaps a roll, wrap, pitta, chapatti or crackers or why not use pasta, rice or couscous and make a salad

2. NOW TAKE A TASTY FILLING



- Chicken, cheese, cream cheese, egg, ham, mozzarella and tomato, tuna and sweetcorn
- Add some lettuce, slices of cucumber or a tomato
- For a tasty change you could make a salad instead

3. NOW A PORTION OR TWO OF FRUIT AND VEGETABLES



- Apple, banana, grapes, kiwi, pear, plum, mango or melon cubes, dried fruit is good too – raisins, sultanas, apricots. You could even add a little pot of fruit
- Carrot or celery sticks, cherry tomatoes, chunk of cucumber

4. ADD A DAIRY CHOICE



- Fromage frais, yogurt, custard, rice pudding (especially if no cheese or milk are already included)

5. AND TO FINISH ADD A DRINK



- Water and milk are best or
- Look for drinks with no added sugar

... AND A HEALTHY EXTRA



- Finally, you could add a healthy extra, a slice of malt loaf, current bun, scone, plain biscuits, plain popcorn