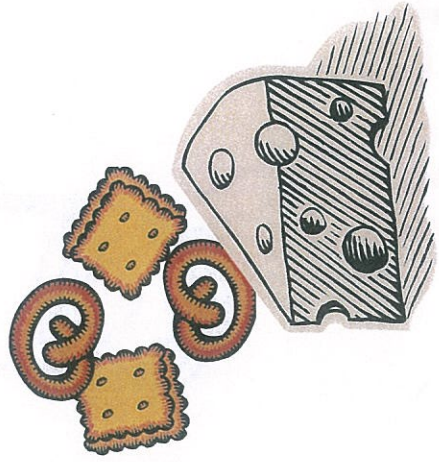
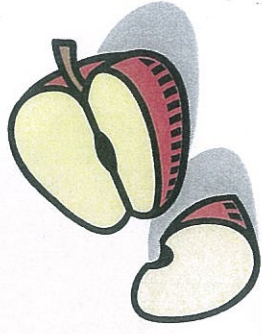


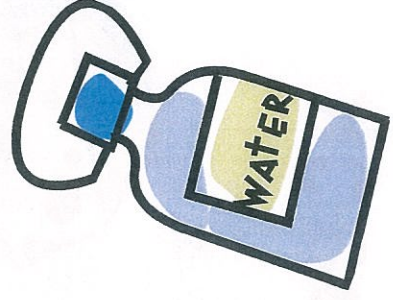
Foods to include in a lunchbox



- Sandwich
- Fruit or
vegetables



- Cheese and
crackers
- Bottle of
water



Fruit & vegetable ideas

- ✓ Small portions of fresh fruit such as mandarins, grapes, strawberries, or melon cut into cubes are easy for children to manage.
- ✓ **Crunchy vegetables** such as carrot sticks, cucumber sticks, celery sticks, cherry tomatoes, snow-peas are easy for children to pick up and munch on.
- ✓ A small amount of dried fruit and cheese cubes

