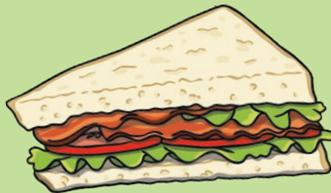
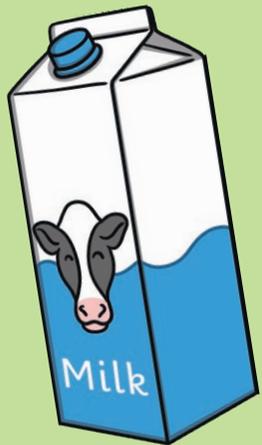


## Healthy things

Salad, lots of fruit, vegetable sticks, yoghurts, sandwiches and wraps, milk and water.



# Healthy Lunchbox!



## Things to avoid

Biscuits, chocolate, cakes, fizzy drinks, salted nuts and crisps.

