



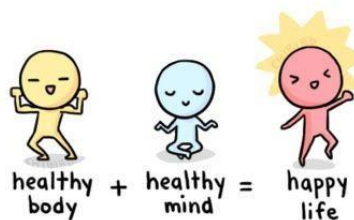
St Paul's Church of England Primary School

Healthy lunchboxes and snacks

As part of our ECO action plan for this year, the ECO School council have decided to make it their mission to encourage our school to be a Healthy School again.



The ECO reps have noticed that break-time snacks and lunchboxes are not containing foods of the healthier options. We all need to be reminded that a healthy body feeds a healthy mind.



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To help us to become a healthy school, we need your help!

Here are some ideas to help you and your friends help us to achieve this goal.



Healthy snacks at breaktime- these should consist of either a piece of fruit or vegetable or a cereal bar containing grains- **NO NUTS (we are a NUT FREE SCHOOL)**

Foods we MUST be avoiding at breaktimes:

Crisps,

Chocolate bars,

Sweets,

Sausage rolls,

Biscuits,

Peperami.



Healthy lunchboxes- these should consist of either a sandwich (wrap, pitta, bagel) pasta or salad. Crisps are acceptable as part of a lunch, yogurt, fruit and vegetables and cereal bar.

Foods we MUST be avoiding at lunchtime:

Chocolate bars and sweets.



Always be in the mood to eat healthy food!