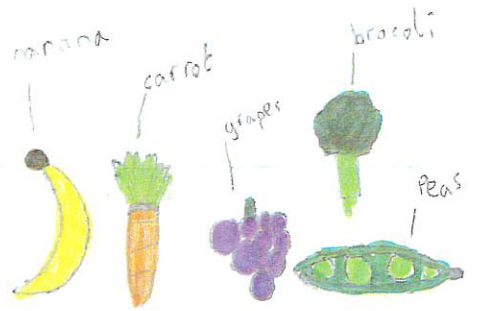


School Council Guidelines for a Healthy Packed Lunch

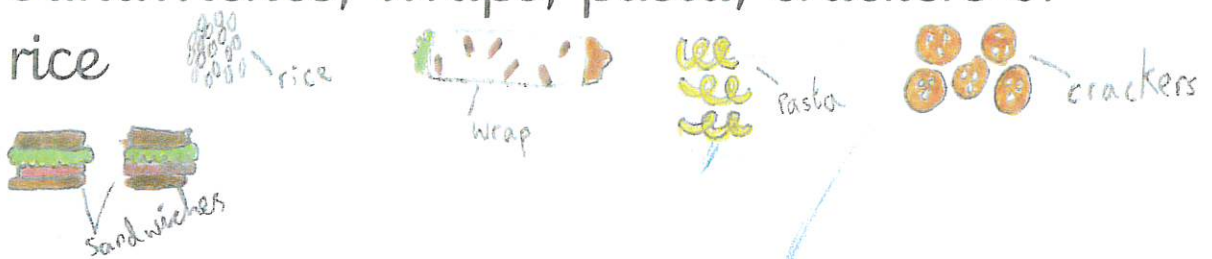
- Fresh fruit and vegetables



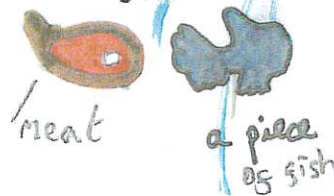
- Some milk, cheese or a yoghurt



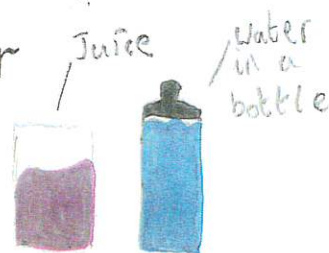
- Sandwiches, wraps, pasta, crackers or rice



- A small piece of meat, fish or a vegetarian option



- A drink of juice or water



- One small treat, such as crisps, a biscuit, or a cake

