

ULTIMATE LUNCHBOX

Help Shaun create the perfect lunchbox by following the five steps to the ultimate lunch... main, fruit, snack & water.



LET'S GET STARTED!

1 MAIN - SANDWICHES

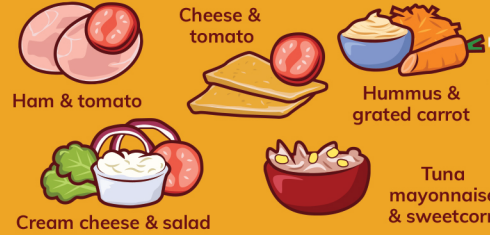
A STRONG BODY

A filling sandwich needs fibre. Choose brown or wholemeal bread.



A TRUE HEART

Add a filling that contains protein and vegetables to keep you filled up and ready for adventure.



Why not try last night's leftovers in a sealed container - cooked chicken or salmon with veg can be perfect.



A boiled egg (or two)



Pasta salad with veg



Couscous salad with veg



OR SOMETHING DIFFERENT?

More great lunchbox tips...
...plus veg hacks
SIMPLYVEG.ORG.UK

3 SNACK

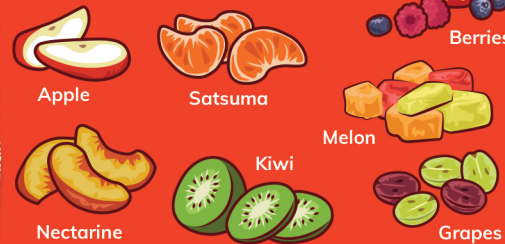
Lunchboxes aren't the same without a snack, pick the ones with less sugar and salt.



PACK A SNACK

2 FRUIT

Harness the sweet goodness of fruit. One portion is one child's handful - don't forget to chop into bitesize pieces.



SWEET GOODNESS

4 VEGETABLE

BUILD YOUR STRENGTH



Try raw veg, or even cold cooked carrots if your child prefers soft textures. One portion is one child's handful - don't forget to chop into bitesize pieces.

REAL REFRESHMENT

5 WATER



Nothing quenches your thirst like clear, fresh water.

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