





Our Packed Lunch Charter

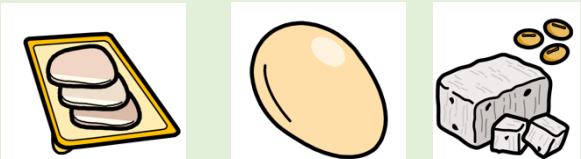
Article 24: Every child has the right to the best possible health. Governments must provide good quality health care, clean water, nutritious food, and a clean environment and education on health and well-being so that children can stay healthy.

Yes, please include in your lunchbox... 


1 portion of...


 water


starchy food

 dairy food
  sliced meat or egg or meat alternatives
  or pulses

At least 1 portion of...



fruit and/or vegetables

No thank you, please keep these items at home... 

 strawberries
  biscuits
  crisps
  pastry items
  nuts
  chocolate
  cakes
  processed items
  fizzy drinks
  squash or flavoured drinks