

# HEALTHY LUNCH BOXES



One slice of bread with  
Protein filling : meat, fish,  
veggie alternatives



A small selection of raw  
or cooked vegetables



A few crisps or savoury  
biscuits



A small yoghurt or  
fromage frais



One small piece of fruit  
or fruit salad or small box  
of raisins



As a treat a couple of  
plain biscuits.



A container of water or  
very dilute fruit juice



# HEALTHY LUNCH BOXES

A young child's stomach  
is roughly the size  
of their clenched fist  
so respect tiny tummies  
and keep portions small.