



Creating
HEALTHY FOOD ENVIRONMENTS AT SCHOOL



Children spend a significant amount of their time at school. Therefore, the school environment is a great place to develop healthy eating habits.

- Always offer a wholesome staple such as whole wheat bread, wrap or pasta.
- Include a lean protein like shredded chicken breast, tuna or bean burger.
- Ensure you add a colourful vegetable or two to lunches, such as tomato and lettuce in wraps, grated carrots to sandwiches or string beans and pumpkin in cooked meal options.
- Add fresh, dried or canned fruit (packed in juice) to lunch bags as a snack or a sweet treat after lunch.
- Place a bottle or flask of chilled flavoured or plain water to lunch packs to properly quench your child's thirst and rehydrate them.