

Making healthy school lunches easy!

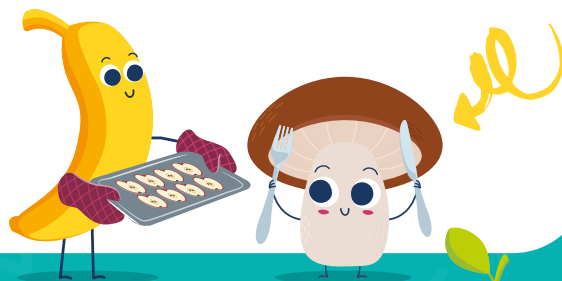


Helping children make healthier choices at school doesn't have to be complicated. A few simple changes can build healthy habits and help your children stay energised and ready to learn throughout the day. Here's a few tips to help you get started:

Tip 1:

Pack some healthy snacks

Including a healthy snack in your child's lunchbox, like a preferred fruit or plain popcorn, can help them stay energised throughout the school day and make nutritious choices easier.



Tip 2:

Know what options are available

Take a look at your child's school lunch menu together and talk about the healthier choices available. Exploring the options in advance can encourage children to try new foods and make balanced choices at lunchtime.



Tip 3:

Talk about healthy choices

School lunchtimes can be a great time to encourage independence and positive decision-making. Agree simple goals together and celebrate healthy choices throughout the week.



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