

## Healthy Lunchboxes.

**To help you put together a healthy and inexpensive lunchbox we have put together these guidelines.**

<b>Yes Please</b>	<b>No Thank You</b>
<ul style="list-style-type: none"> <li><input type="checkbox"/> Sandwiches cut into quarters for easy eating with fillings such as ham, cheese, tuna, cheese spread, marmite etc.</li> <li><input type="checkbox"/> Fruit or Vegetables. It is helpful if this is cut into small pieces.</li> <li><input type="checkbox"/> Crisps - only 1 packet please.</li> <li><input type="checkbox"/> Dried Fruit: Sultanas, Rasins etc</li> <li><input type="checkbox"/> Plain Yogurt or Mousse</li> <li><input type="checkbox"/> Plain biscuits or with chocolate chips, or jam or chocolate filling</li> <li><input type="checkbox"/> Cereal bars or Flapjack(not covered with chocolate)</li> <li><input type="checkbox"/> Cake (not covered with chocolate)</li> <li><input type="checkbox"/> Fruit juice, water or diluted squash.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Large sausage rolls or pasties.</li> <li><input type="checkbox"/> Peanuts.</li> <li><input type="checkbox"/> Sweets of any kind.</li> <li><input type="checkbox"/> Chocolate bars or chocolate covered biscuits or chocolate covered cereal bars.</li> <li><input type="checkbox"/> Cakes covered in chocolate.</li> <li><input type="checkbox"/> Fizzy drinks or drinks with a very high sugar content.</li> <li><input type="checkbox"/> Yogurt or mousse with sweets or chocolate drops as sprinkles.</li> </ul>

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