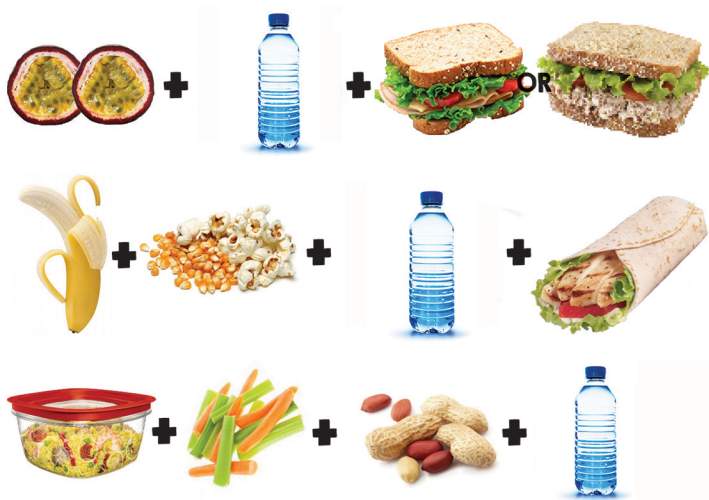


A HEALTHY CHILD MAKES A SUCCESSFUL LEARNER

A growing child needs lots of nutrition to feed the brain and the body so he/she can stay active, motivated, and inspired to learn throughout the day. Make lunch times fun by cutting sandwiches and fruits into fun shapes. Keep food small and manageable and avoid junk food.

Here are some ideas for healthy school lunches.



All schools have Healthy Food Policies so ask your child's school for a copy of their policy to learn more.



COOK ISLANDS

Ministry of Education

Maraurau o te Pae Api'i