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:

- Passion fruit + Water bottle + Sandwich OR Sandwich

- Banana + Popcorn + Water bottle + Wraps with chicken

- Salad in a container + Celery + Peanut + Water bottle

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