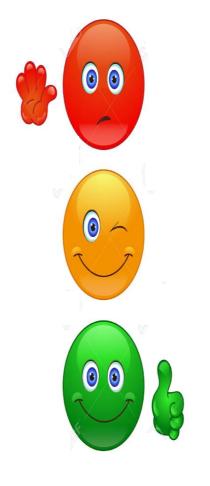


Packed Lunch Guide

The lists in the Green and Amber boxes are examples of the common sorts of food many Canonbury children bring in. We are taking a common sense approach and of course there are many other healthy foods that your child can have in their lunch.



GREEN

These foods are examples of good choices to put in your packed lunch:



AMBER

Try not to have too many of these foods in your packed lunch, and certainly not every day:



<u>RED</u>

These foods are not allowed in your packed lunch.

