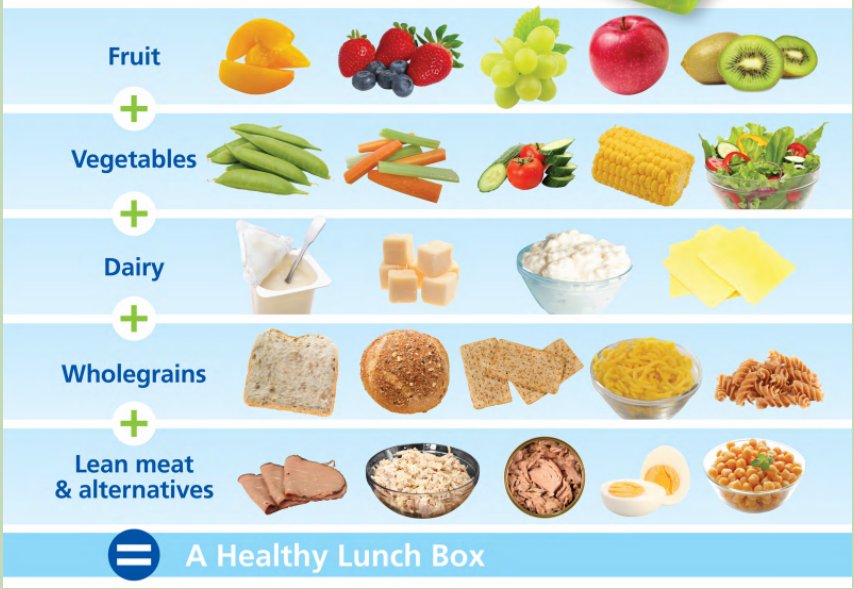
HEALTHY LUNCHES

MULBERRY PRIMARY SCHOOL

Pack your child a

HEALTHY LUNCH BOX

Choose a variety of foods from each food group



"PART OF OUR HEALTHY SCHOOLS CHARTER"

WHY WE PROMOTE HEALTHY EATING AT THE MULBERRY

HEALTHY EATING IS AN ADVENTURE

HEALTHY EATING INCREASES FOCUS

HEALTHY EATING IMPROVES FITNESS

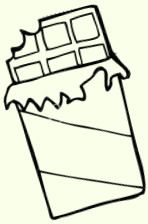
HEALTHY EATING INCREASES ENERGY

HEALTHY EATING IMPROVES MOOD

WHAT WE DON'T ALLOW

FIZZY DRINKS

SWEETS & CHOCOLATE

CAKES & BISCUITS

CRISPS