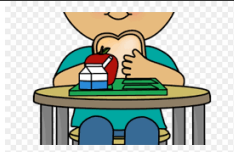


Zululand Remedial Centre



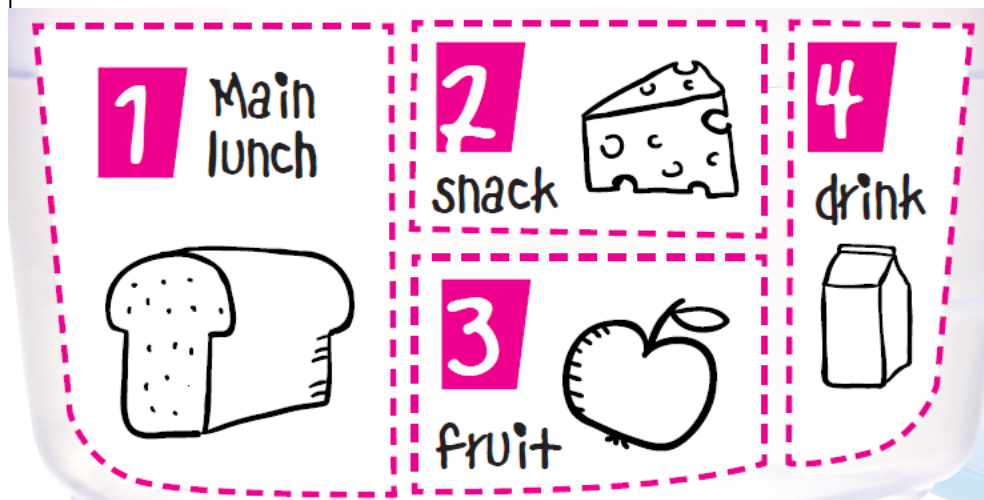
Health Newsletter Term 1: 2022

Packing a healthy lunchbox



When packing a lunchbox for your child, you should feel confident that you're providing them with a nutritious supply of food that will get them through the day with the energy they need to function.

THE CORE 4 ELEMENTS OF A HEALTHY LUNCHBOX:



...And don't forget to include a water bottle!

...Some kids may need a +1 - another nutritious snack!

Some ideas for you....

Day	Main lunch	Snack	Fruit	Drink	+1
<i>Mon</i>	Ham, cheese and lettuce wrap	Cheese slices and crackers	Apple	Water and/or milk	Popcorn (Air-popped)
<i>Tues</i>	Chicken and cucumber sandwich	Raisins	Fruit salad	Water and 99% fruit juice	Healthy Yoghurt
<i>Wed</i>	Tuna and brown bread sandwich	Carrot or veg sticks and a dip	Banana	Water and Low fat flavoured milk	Healthy muffin
<i>Thurs</i>	Chicken and lettuce wrap	Muesli and Yoghurt	Fruit kebab/skewer	Water and 99% fruit juice	Small packet potato chips
<i>Fri</i>	Chicken salad and veggies	Cheese block	Melon and strawberries	Water	Healthy muffin