

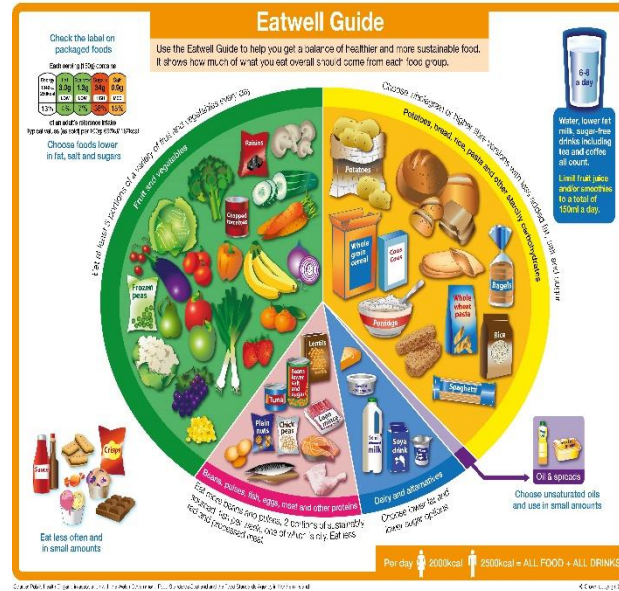


Click here for some healthy lunchbox ideas and tips



[Lunchbox ideas and recipes – Healthier Families - NHS](#)

Healthy eating means eating a variety of foods that give you the nutrients you need to maintain your health, feel good, and have energy.



Healthy eating makes us feel good.
It keeps children's skin, teeth and eyes healthy.
It helps us maintain a healthy weight.
It supports healthy growth.



It's recommended that you eat at least 5 portions of a variety of fruit and veg every day. They can be fresh, frozen, canned, dried or juiced.

