






# Our Packed Lunch Charter

Article 24: Every child has the right to the best possible health. Governments must provide good quality health care, clean water, nutritious food, and a clean environment and education on health and well-being so that children can stay healthy.

Yes, please include in your lunchbox... 

No thank you, please keep these items at home... 

1 portion of...






water

starchy food





dairy food



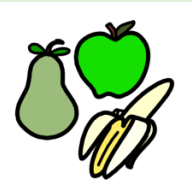



sliced meat or egg or meat alternatives

or pulses


At least 1 portion of...

fruit and/or vegetables



strawberries



biscuits



crisps




pastry items



nuts




chocolate



cakes



processed items



fizzy drinks  
squash or  
flavoured drinks

