



A Healthier Lunchbox Policy - Written by Fairford Pupil 'Communication Team'

sandwich/wraps/pasta      fresh fruit or veggies



dried fruit      yoghurts

- If you do have a treat (biscuit bites, chocolate bar or crisps) that is fine! Just make sure that your whole lunch box isn't full of treat food.
- Remember to always drink plenty! Water improves concentration in learning.

