



It's easy to think of a lunchbox as just fuel for the physical body, but for a child in a classroom, it's actually brain fuel. What they eat at lunchtime dictates exactly how much they'll get out of their afternoon lessons. A good balanced lunchbox will help with their energy, concentration and mood both at school and for the whole afternoon. We know it can be hard sometimes...we are here to help.

Finding fresh lunchbox ideas every day can be tough, especially on busy mornings.

Veg Power's Love Your Lunchbox resources are here to make things easier with simple, affordable inspiration that help your children to enjoy a wider variety of foods complete with a Shaun the Sheep Lunch Box planner for you to download and use too.



Everyone at Veg Power are parents and we all know the lunch box battle so, on our website, you'll find practical and helpful ideas including:

-  Quick tips
-  Easy fruit and veg-boosting ideas
-  Short videos from registered nutritionist **Catherine Lippe RNutr.** on what makes for a great lunchbox and covering the all-important question of “**How do you get kids to eat what you pack?**”
-  Ways to get your children involved in choosing and preparing their lunch



As it says on the website, aim for balance and not perfection - you don't have to do it all at once as small changes can make big differences.

☑ Scan the QR code or follow the link to the website to explore new ideas and help to make packing those lunch boxes every morning a little bit easier and fun for you and your child.

go.vplink.click/LoveYourLunchbox