

LUNCHBOX RULES

- Put a small ice pack or freeze a plastic bottle of water/squash, not fizzy and put it in your lunchbox to keep your lunch cold.
- Make your sandwiches the night before and store them in the fridge so they are cold for the morning.
- If you can't make your lunchbox cold don't use high risk foods, like cooked meat or eggs. Use different fillings like jam and peanut butter.
- If you don't eat something from in lunchbox, for example a yoghurt or sandwich make sure you put it in the bin and don't take it for lunch the next day.

