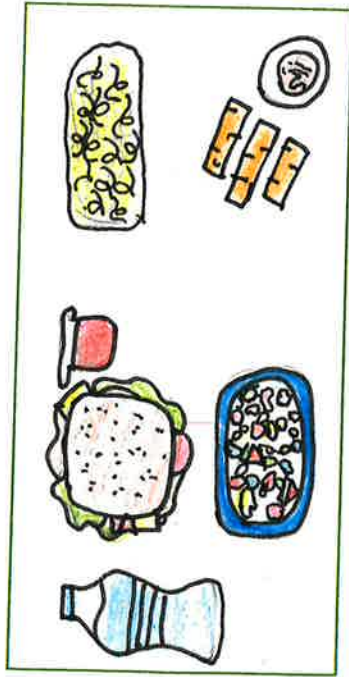
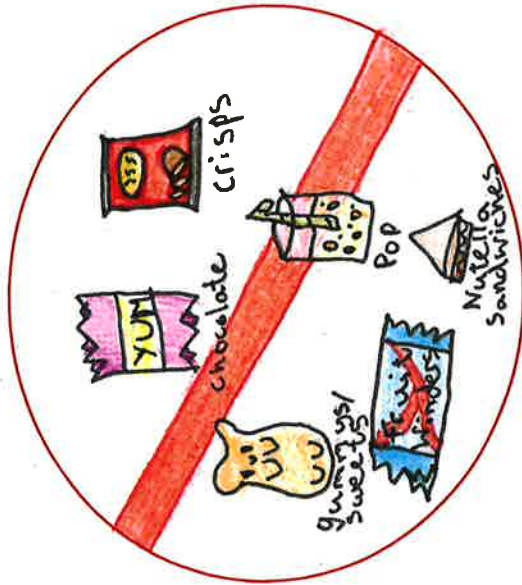




Foods we would like to see in a lunch box



Foods we don't want to see in lunch boxes

Join us in Cwmfelin's
Big Change

Cwmfelin Primary School
Maesteg Road
Maesteg
CF34 9LD

admin.cwmfelin@bridgend.gov.uk

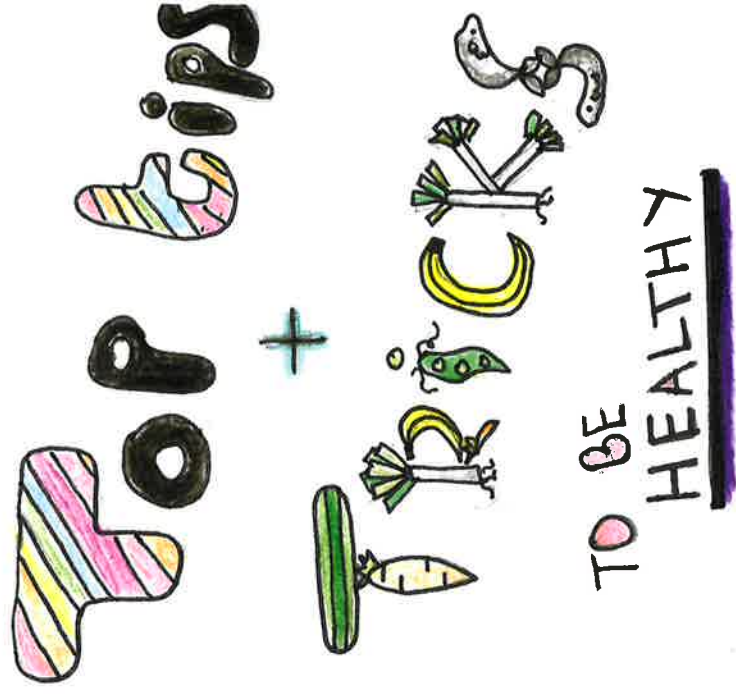
01656 815525

www.cwmfelinprimaryschool.co.uk



Thank you for reading!

From the Pupil Voice of
Cwmfelin Primary School.



Eager to Learn. Proud to Achieve.



Awyddus i Ddysgu. Balch i Gyflawni.

RRS – Article 6 Children have the right to life and to grow up to be healthy

RRS – Article 24 Children have the right to nutritious food, water and the best possible health care.

What we want to achieve...

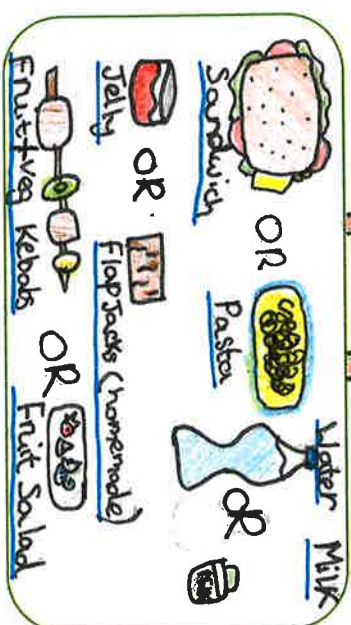
We would like to become healthy, confident individuals.

A healthy and safe school community

We have the right to be healthy.

We want to see healthy lunch boxes throughout the whole school.

What does a Healthy Packed Lunch look like?



Healthy Alternatives

Crisps – carrots & humous/ yoghurt/ homemade tortilla crisps

Juice/smoothies – homemade smoothies/ milk/ water

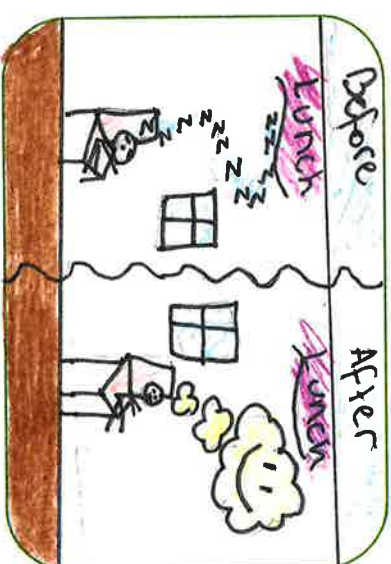
Sweets/ chocolate – raisins/ jelly/ yoghurts

Fruit winders – fruit salad/ pieces of fruit/ vegetables

Cereal bars – homemade flapjacks

Positives of having a Healthy Packed Lunch

- There is less chance of getting ill.
- We will have more energy for the day which will improve our learning.
- We won't feel as tired or moody.
- Our mental health and well-being will improve with a healthy lifestyle.
- Feeling happy and more positive.
- Healthier brain.
- Stronger physically and mentally.
- Fuller for longer!



Children's brains work better when eating a healthy diet