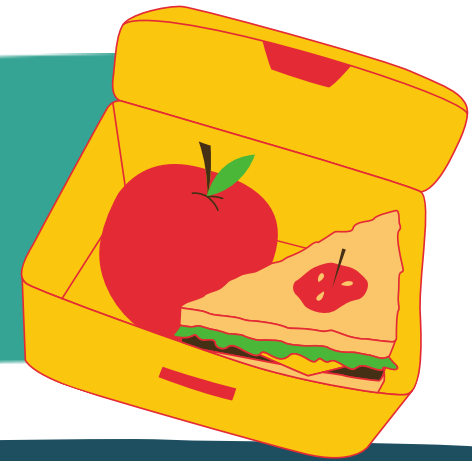



# Back to School!



It's the start of a brand-new school year which means back to packing lunchboxes. The food that children eat at preschool makes up about half of what they eat each day. So it's important that what's in that lunchbox is going to fill them up and give them enough quality energy to play with their friends and learn.



**Everyday foods** such as fruit, vegetables, dairy and grain foods are the kinds of foods that children need in their lunchboxes. These foods keep children feeling fuller for longer and provide long-lasting energy to get them through the day.

**Sometimes** foods are foods that are high in sugar, fat and/or salt. These foods don't give children the energy they need for playing and learning at preschool. Children whose lunchboxes are filled with these kinds of foods can have difficulties with concentration and behaviour. These foods also tend to have fewer nutrients which children need for their growth and development. Although these kinds of foods are tempting to throw in the lunchbox for their convenience and taste, try to aim for mostly everyday foods.

