

A message from the Eco Council Healthy Living Team

Dear Parents/Carers,

During Sports Relief week, we would like to encourage pupils to eat fruit/vegetables for both snack and as part of their packed lunch in specific colours each day

Here are some ideas to help...



black grapes, plums, raisins, blueberries	peaches, cauliflower florets with a dip, bananas, mushrooms,	strawberries, raspberries, red apples, red pepper, tomatoes	carrots, orange peppers, dried apricots, oranges, satsumas	Broccoli florets, cucumber, green grapes, green apples, celery sticks
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