

What's for Lunch?

**One
Life
Suffolk**

Pick one item from each of the groups below to build the perfect healthy school packed lunch.

Fruit & Veg

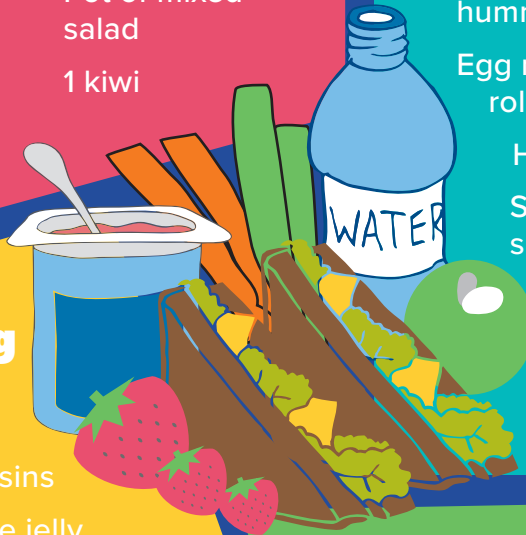
7 cherry tomatoes Carrot sticks
2 satsumas 1 apple
1 medium pear Pot of mixed salad
A small pot of berries 1 kiwi
1 banana

Main Dish

Bacon and vegetable pasta salad
Wholemeal pitta and hummus dip
Egg mayo and salad roll
Ham & salad wrap
Spicy chicken & salad bagel
Tuna mayo & sweetcorn sandwich

Something extra

Small box of raisins
Pot of sugar free jelly
A slice of malt loaf
Handful of plain popcorn
1 large rice cake
Mixed berries and low fat yoghurt



Drinks

200ml water
200ml semi-skimmed milk
200ml no added sugar fruit drink

Join your FREE local OneLife Suffolk club to learn more great tips to help you and your family live a healthier life. Book today:

Call: 01473 718193

Email: info@onelifesuffolk.co.uk

Turn over to find your nearest OneLife Club →

Join our FREE Teen or Family clubs!

Join one of our FREE 10 week programmes, available for both children (aged 4 - 11) and teens (aged 12-17) who want to achieve a healthy weight. The clubs are designed by our experts to give parents support and advice on healthy living, whilst the children get a fun, free physical activity session. The children will also receive a free water bottle and goodie bag!



FIND YOUR LOCAL GROUP HERE:



Ipswich

Where: Chantry Academy, Mallard Way, Ipswich, IP2 9LR

When: Mondays starting 23rd January for 10 weeks

Time: 5 - 6pm (4-11 years), 6:15 - 7:15pm (12-17 years)

Where: Inspire Suffolk, Lindberg Rd, Ipswich, IP3 9QX

When: Tuesdays starting 24th January for 10 weeks

Time: 4 - 5pm (4-11 years), 5:15 - 6:15pm (12-17 years)

Where: Whitton Primary School, Shakespeare Rd, IP1 6ET

When: Thursdays starting 26th January for 10 weeks

Time: 4 - 5pm (4-11 years), 5:15 - 6:15pm (12-17 years)

Ipswich Half Term Club

Where: Murrayside Youth & Community Centre, Nacton Rd, IP3 9JL

When: Monday 13th - Friday 17th of February

Time: 9am - 3pm (4-14 years)

Kesgrave

Where: Kesgrave High School, Main Rd, IP5 2PB

When: Wednesdays starting 25th January for 10 weeks

Time: 4 - 5pm (4-11 years), 5:15 - 6:15pm (12-17 years)

Stowmarket

Where: Chilton Primary School, Violet Hill Rd, IP14 1NN

When: Tuesdays starting 24th January for 10 weeks

Time: 4:15 - 5:15pm (4-11 years), 5:30 - 6:30pm (12-17 years)

Felixstowe

Where: Felixstowe Academy, High Street, IP11 9QR

When: Thursdays starting 26th January for 10 weeks

Time: 5 - 6pm (4-11 years), 6:15 - 7:15pm (12-17 years)



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