Are you packing a healthy lunch? (English and Irish translation)

This booklet is designed to improve pupils' nutrition and implement healthier eating and drinking practices. It contains practical tips for parents, carers and children on how to pack an appetising, healthy lunchbox. The booklet includes the Eatwell Guide.

Please note the translation is of an earlier version.

Published
10 September 2025
Last reviewed
11 September 2025

Details

Format
A5 booklet, 16 pages
Target group
Parents/carers and children in primary schools

Downloads

Attachment	Size
Are_You_Packing_A_Healthy_Lunch.pdf	4.77 MB
Are_You_Packing_A_Healthy_Lunch_A5_Leaflet IRISH.pdf	4.51 MB

Tags

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