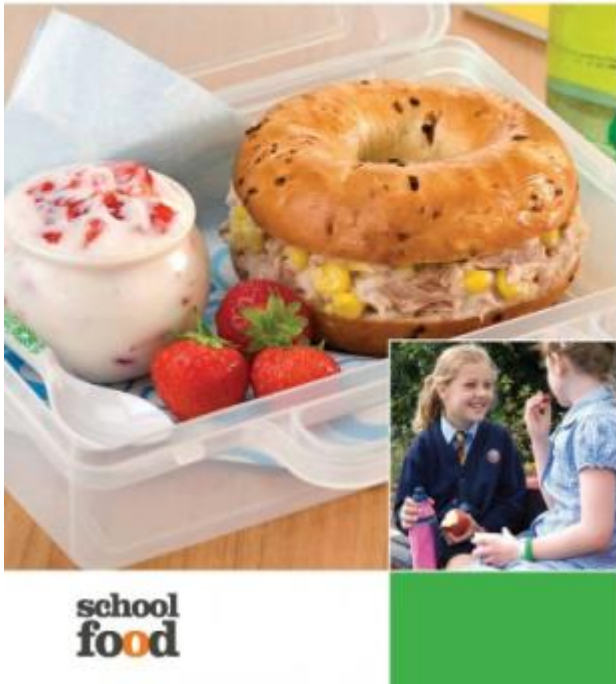


Wednesday, 10 September 2025

[Health and Social Wellbeing Improvement](#)

Are you packing a healthy lunch?



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.

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

- [nutrition](#)
- [school food](#)
- [lunchboxes](#)
- [healthy lunch](#)
- [children](#)

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