

SPAR 

Better Choices

EASE BACK INTO THE
SCHOOL YEAR WITH
THIS TOP TIP FROM
CLAUDINE



BACK TO SCHOOL TOP TIPS FROM CLAUDINE

Eat the rainbow: Aim to include at least 2-3 different colours in your lunchbox e.g. red peppers, green cucumber, purple plums etc. The more colours you include, the more vitamins and minerals that are consumed, which helps to prevent sickness.