

## Bwyd Aflach/Unhealthy food

It is ok to include **one** unhealthy snack in your child's lunch box, including a chocolate biscuit, crisps, cake, scone etc. To be eaten at lunchtime.

**Please do not include fizzy drinks and sweets.**

Mae'n iawn cynnwys **un** peth afiach mewn bocs bwyd eich plenty, gan gynnwys, bisged siolced, creision, cacen, sgon a.y.y.b

Nid ydynt yn caniatáu diodydd ffisi a fferins

## Healthy lunch box competition

## Cystadleuaeth bocs bwyd iach

Every week we search for the healthiest lunch box. The lunch box must include all of the food groups and give a certificate.

Pob wythnos yn chwilio am focs bwyd iach. Mae rhaid i'r bocs bwyd gynnwys yr holl grwpiau bwyd.

Useful websites/Gwefannau defnyddiol

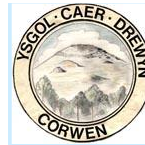
Here are some website to support you with creating healthy lunchboxes.

Dyma wefannau sydd yn cynnig syniadau ar gyfer creu bocsys bwyd iach.

<https://www.annabelkarmel.com/recipe-filter/lunch-boxes>

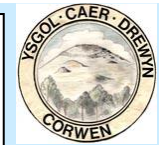
<https://www.bbcgoodfood.com/howto/guide/school-packed-lunch-inspiration>

<https://www.nhs.uk/healthier-families/recipes/healthier->



## Healthy Lunchboxes

## Bocs Bwyd Iach



Our healthy and confident Parliament have created this pamphlet to support you with preparing healthy lunchboxes. As a healthy school, we kindly ask that you think carefully about the contents of your child's lunchbox.

**Packed lunches and jacket potatoes can be ordered from school to have at lunchtime.**

Please remember that the Welsh Government has said all reception children can have **free school meals** from September 2022, Years 1 and 2 from Easter 2023 and all other years by 2024.

Mae Senedd Iachys a hyderus ni wedi creu pamptled hon i cefnogi chi efo paratoi bocsys bwyd iach. Fel ysgol iachus, rydem yn gofyn yn gyfeillgar os bydde chi yn meddwl yn oflaus beth sydd yn mynd mew bi bocs bwyd plentyn chi.

Unfortunately, we don't have a refrigerator to keep your child's lunch box, therefore please remember to include an ice pack.

Yn anffodus, nid oes oergell i gadw bocsys bwyd eich plenty, felly cofiwch gynnwys pecyn rhew.