

BEHOLD THE LUNCH OF LEGENDS



Help Po and Wandering Blade unlock the power you need in your lunchbox by following the five sacred steps of a hero's lunch



MAIN



FRUIT



VEG

THE PATHWAY



SNACK

TO A BETTER

PACKED LUNCH



WATER



WIN!

Home entertainment bundle

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DREAMWORKS
KUNG FU PANDA
THE DRAGON KNIGHT

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TOP TIPS



1

Kids love to be involved in the prepping and choosing of their lunchbox content and they will be more likely to eat it.

2

Try planning out a week of lunchboxes at a time so that you can ensure variety in what they eat – more variety provides a wider range of nutrition.

3

Your child's school may have their own lunchbox policy, always follow their guidance which is especially important when it comes to allergies e.g. no nuts, no sesame (which includes hummus) etc.

4

Lunchboxes may be left in warm environments until it is time for lunch. If your child's lunchbox contains any items that need to be chilled (e.g. yoghurts, cheese, meat), add an icepack in to keep the food cool.

SIMPLY VEG

Are you struggling to get your kids to eat more veg?
Head to [SimplyVeg.org.uk](https://www.simplyveg.org.uk) from Veg Power for help.

[SIMPLYVEG.ORG.UK](https://www.simplyveg.org.uk)



NUTRITION VISION



Your child's lunch will provide them with energy for their afternoon, helping them to concentrate while at school.



But it isn't only about the energy



A healthy, balanced lunchbox content will also provide nutrition to support their growth and development, immune system and keep their bodies functioning as they should.



HOW TO USE THE CHART



Help Po and Wandering Blade unlock the power you need in your lunchbox by following the five sacred steps of a hero's lunch.



To help you plan out a week of lunchboxes, we've created this easy-to-use **wall chart** and **weekly planner** with space to write your choice for each power on each day.

BEHOLD THE LUNCH OF LEGENDS

WEEKLY LUNCHBOX PLANNER

Help Po and Wandering Blade unlock the power you need in your lunchbox by following the five sacred steps of a hero's lunch.

a fresh version of this great lunchbox ideas, recipes & more:
VEG.ORG.UK

	1 MAIN	2 FRUIT	3 SNACK	4 VEGETABLE	5 WATER
MONDAY					
TUESDAY					
WEDNESDAY					

A TRUE HERO ALWAYS CHOOSES WATER

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BEHOLD THE LUNCH OF LEGENDS

Help Po and Wandering Blade unlock the power you need in your lunchbox by following the five sacred steps of a hero's lunch..... main, fruit, snack, vegetable & water.

Download a larger version

More great lunchbox tips plus veg hacks

SIMPLYVEG.ORG.UK



CHOOSE YOUR LEADER

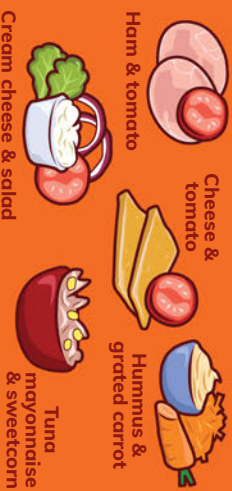
MAIN - SANDWICHES 1

A STRONG BODY & A TRUE HEART

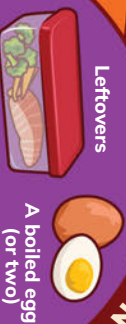
A strong hero needs power, and a real sandwich needs fibre. Choose brown or wholemeal bread.



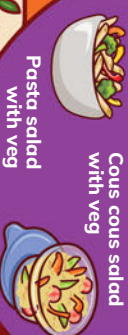
Add a filling that contains protein and vegetables to keep you filled up and ready for adventure.



OR SOMETHING DIFFERENT?



Why not try these alternatives, last night's leftovers in a sealed container such as cooked chicken or salmon with veg can be perfect.



3 SNACK

Lunchboxes aren't the same without a snack, pick the ones with less sugar and salt.



2 FRUIT

Harness the sweet goodness of fruit. One portion is one child's handful - don't forget to chop into bite-size pieces.



4 VEGETABLE

Sweetcorn

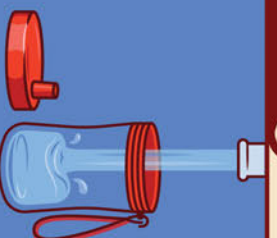


Try raw veg, or even cold cooked carrots if your child prefers soft textures. One portion is one child's handful - don't forget to chop into bite-size pieces.

5 WATER

DISCOVER PURITY

A true hero seeks the purity of clear fresh water.



POWER UNLOCKED



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DREAMWORKS

KUNG FU PANDA
THE DRAGON KNIGHT

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LUNCH OF LEGENDS

WEEKLY LUNCHBOX PLANNER

Help Po and Wandering Blade unlock the power you need in your lunchbox by following the five sacred steps of a hero's lunch.

For a fresh version of this chart, great lunchbox ideas, hacks, recipes & more:

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1 MAIN



2 FRUIT



3 SNACK



4 VEGETABLE



5 WATER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

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KUNG FU PANDA
THE DRAGON KNIGHT
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VEGPOWER



Veg Power is giving you everything you need to watch Po's new adventures on Netflix with an awesome home entertainment bundle!

WIN!

1x 43 INCH LED HDR 4K Ultra HD Smart TV, with Freeview HD/Freesat HD
1x Bluetooth All-In-One Sound Bar



Legendary warrior Po is back and teaming up with an elite English knight on a global quest to rescue magical weapons, restore his reputation — and save the world in DreamWorks' KUNG FU PANDA: THE DRAGON KNIGHT!

WHAT WILL BE IN YOUR LEGENDARY LUNCH?

HOW TO ENTER

Come and tell us what you'll be putting into your **LUNCH OF LEGENDS**.

Every entry goes into our draw to win the telly.



ENTER ONLINE NOW

SIMPLYVEG.ORG.UK

See closing date and terms and conditions online