

A Typical Packed Lunch



**Cost
£2.31**



**Cost
£2.68**

64.7g Sugar
(over 12 ½ teaspoons)

33g Fat

2.6g Salt

Ham and cheese sandwich
Yogurt,
Chocolate biscuit
Grapes & apple
Chocolate milkshake 200ml

32.3g Sugar
(over 6 teaspoons)

20.1g Fat

1.8g Salt

Vegetable samosas
Cheese string
Chewy marshmallow squares
Crisps
Orange drink 200ml