



## Super Sandwiches and Healthy Lunchbox Ideas

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By Catherine Proctor

Jane Curry Publishing. Paperback. Book Condition: new. BRAND NEW, Super Sandwiches and Healthy Lunchbox Ideas, Catherine Proctor, Children will eat over 200 packed lunches a year which equates to 2600 packed lunches over their entire school life. With increasing concern over children's health and diet, now, more than ever, school lunchboxes need to be a key part of a healthy eating plan. Packed lunches do not have to be boring or time-consuming. With Super Sandwiches & Healthy Lunchbox Ideas you can cheaply and easily fill their lunchboxes with easy, appetising sandwich menus and healthy snack ideas that will be the envy of the playground.



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