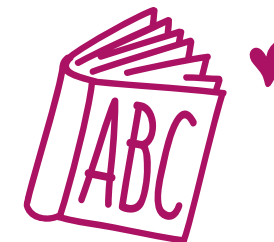


Back-to-school checklist



Shopping list

- ☐ School bag
- ☐ Lunchbox
- ☐ PaediaSure Shake
- ☐ Uniform
- ☐ PE kit
- ☐ Stationery



The night before

- ☐ Start a calm bedtime routine
uk.pediasure.abbott/healthy-life/tips-to-sleep/
- ☐ Iron their uniform and label with their name
- ☐ Prepare their packed lunch
- ☐ Pack their school bag
- ☐ Plan a delicious breakfast for the morning, enriched with PaediaSure Shake
- ☐ Set your alarm (and theirs) a bit earlier on the first day back
- ☐ Charge your phone/camera for a school snap in the morning



On the day

- ☐ Start the day with a nutritious breakfast, enriched with PaediaSure Shake
- ☐ Get them into their uniform
- ☐ If your little one misses breakfast, give them a PaediaSure Shake ready-to-drink on the way to school
- ☐ Take a few school snaps before they leave
- ☐ Prepare a fuss-free dinner
uk.pediasure.abbott/recipes/cauliflower-alfredo-spaghetti/



Top tip

Prepare these nutritious energy bites for breakfast before they go to school

uk.pediasure.abbott/recipes/no-bake-energy-bites/



Sign up to discover our fuss-free recipes at uk.pediasure.abbott/free-sample