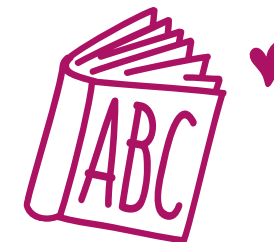


# Back-to-school checklist



## Shopping list

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



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## The night before

- Start a calm bedtime routine  
[www.pediasure.abbott/uk/healthy-life/tips-to-sleep/](http://www.pediasure.abbott/uk/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  
[www.pediasure.abbott/uk/recipes/cauliflower-alfredo-spaghetti/](http://www.pediasure.abbott/uk/recipes/cauliflower-alfredo-spaghetti/)



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## Top tip

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

[www.pediasure.abbott/uk/recipes/no-bake-energy-bites/](http://www.pediasure.abbott/uk/recipes/no-bake-energy-bites/)