



4 simple steps to a healthy lunchbox

Packing an everyday lunchbox is as easy as:

- **Step 1:** Pack vegetables for Crunch&Sip® (e.g. carrot sticks or cherry tomatoes).
- **Step 2:** Pack fruit and an everyday snack for recess (e.g. popcorn, yoghurt, rice crackers and cheese).
- **Step 3:** Pack a sandwich, wrap, roll or leftovers (e.g. pasta, rice or roast vegetables) for lunch.
- **Step 4:** Finish with water as the perfect thirst quencher.



For easy ideas on healthy lunchboxes visit

<http://www.goodforkids.nsw.gov.au/primary-schools/swap-it/packing-an-everyday-lunchbox/>

