

# Pack a lunchbox with Goodness

Each day at school children need:

- Lunch (main)
- A healthy snack (mini)
- Extra fruit or veg (munch)
- Water

+ Crunch  
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Pack your child's lunchbox with food from the five food groups. This includes wholegrains, protein (such as lean meat, egg, fish or hummus), reduced-fat dairy, vegetables and fruits.

## Main

Pack a lunch with some grains, protein and veggies. This can include a sandwich, wrap, roll, sushi, pasta, curry, falafel or any dinner leftovers. Where needed, add an icepack to keep food safe.

## Mini

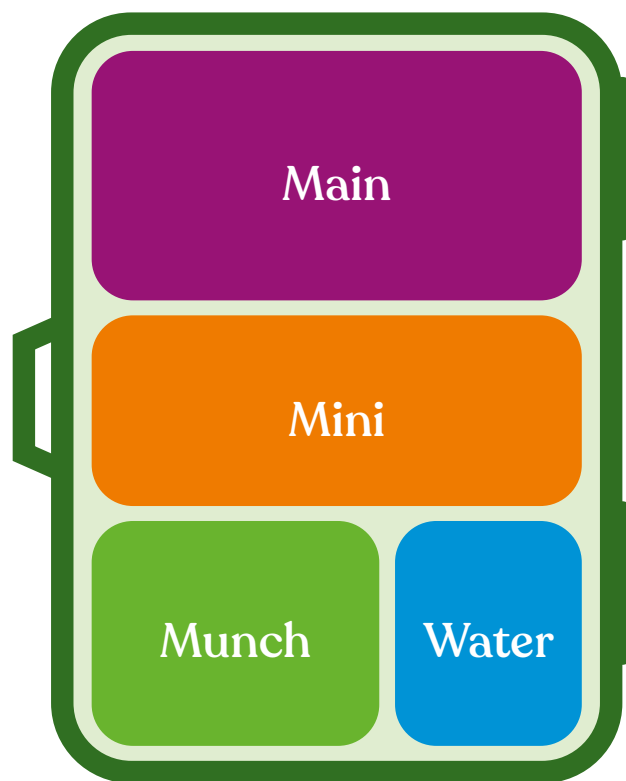
Pack a healthy snack such as cheese and crackers, hard boiled eggs, homemade muffins or pikelets, yoghurt with fruit or popcorn.

## Munch

If you think your child needs more, pack some extra fruits and vegetables for them to enjoy. Pick seasonal to save money and encourage variety.

## Water

Always pack water for your child.



Pack the lunchbox with a range of healthy foods and allow children to decide what they reach for. This way, anything they grab will provide them with long-lasting energy to get the most out of their school day.

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# Packed with Goodness.

## Main



## Mini



## Munch



## Water



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