

How do you pack a lunchbox with **goodness?**

Each day children need:

- Something for lunch (main meal)
- Something for recess (mini meal)
- Something to munch (fruit or veg)
- Water to drink

If it's all healthy food, it doesn't matter what order the lunchbox is eaten in! Anything children reach for will provide them with long-lasting energy.

This means packing foods such as wholegrains, vegetables, lean meats and reduced-fat dairy as well as fruits and water to drink.

The Main

Pack a substantial meal from the five food groups. This can include a sandwich, wrap or alternatives such as sushi, pasta, curry, falafel or any dinner leftovers. Remember to add an icepack to keep food safe.

The Mini

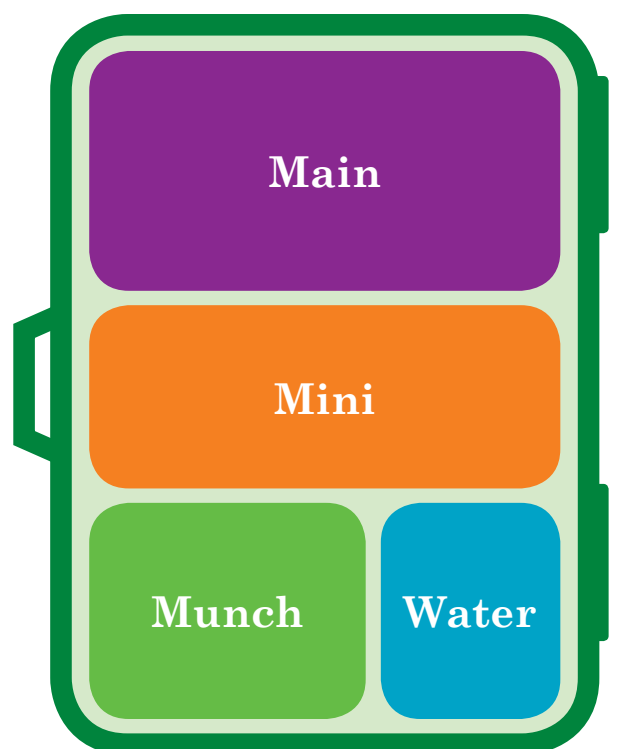
Pack smaller portions of the five food groups. This can include slices of cheese, hard boiled eggs, homemade muffins, tinned tuna, popcorn, grainy crackers or dips.

The Munch

Pack any fruits or vegetables that your child enjoys. Pick seasonal to save money and encourage variety.

Water

Always pack water for your child.



Crunch&Sip® is also a great opportunity for children to eat extra serves of fruit and vegetables throughout the day. It all adds up!

Supported by



Crunch&Sip®

Packed with Goodness.

Main



Mini



Munch



Water



Supported by



Crunch&Sip®