

# Lunch Boxes

## WHAT TO PACK

### Crunch & Sip

- Pack some veggie sticks or fruit & water for a quick refuel



### Morning Tea

- Fresh fruit
- Wholemeal crackers with cheese
- Yoghurt tubs
- Homemade muffins
- Air-popped corn
- Boiled egg

### Lunch

- Pick & mix with veg sticks, hommus & tzatziki
- Sandwiches & wraps with lean meats & salad fillings
- Leftovers

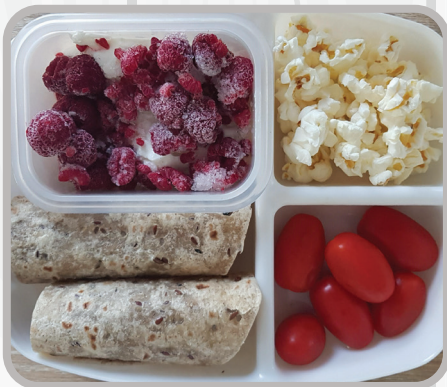
### Drink

- Always pack water
- Light milk

## QUICK TIPS:

- ✓ Involve kids in packing their lunch box.
- ✓ Pack a waste-free lunch.
- ✓ Keep it simple and fresh.
- ✓ Use left overs.
- ✓ Plan ahead and save.
- ✓ Provide healthy afternoon tea and some time outside to play.

# Waste-free lunch ideas



Check your school or service policy when packing foods like eggs, nuts and other high-allergen foods.

## MORE INFO:



Follow: @kidseatmoveplay



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Let's Look at Lunches is a Northern NSW Local Health District resource.