



SABELLA FITNESS

HEALTHY LUNCHBOX TIPS

1. Make time to prepare

Write a shopping list to make sure fresh fruit and vegetables, milk, yogurt, bread and crackers are available

2. Shop wise & Save Money

Buy seasonal fruit and vegetables to ensure good quality and value for money.

3. Make your own snacks

Build snack packs from fresh ingredients bought in bulk.



HEALTHY LUNCHBOX TIPS

4. Choose a mix from the five food groups

Grains, fruits, vegetables and dairy.



5. Include a bottle of water

No need for sweetened drinks such as fruit
juice, cordial or soft drink

6. Keep it cool

In warm weather, freeze a water bottle or put
a small ice pack in the lunchbox.

