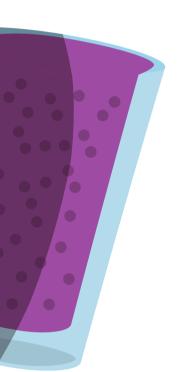




## HEALTHY LUNCHBOX TJPS





#### 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.



Build snack packs from fresh ingredients bought in bulk.



Source: Nutrition Australia





### HEALTHY LUNCHBOX TJPS



# 4. Choose a mix from the five food groups

Grains, fruits, vegetables and dairy.



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



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





**Source: Nutrition Australia**