

Pack your child a **HEALTHY LUNCH BOX**

Choose a variety of foods from each food group



Fruit



Vegetables



Dairy



Wholegrains



**Lean meat
& alternatives**



A Healthy Lunch Box

Make **WATER**
your drink



Pack **ICE PACKS**
to keep your food
cool



Use a **THERMOS**
to keep food
warm



Please do not use glass containers or bottles to pack your child's lunch. All food and drink should be packed in plastic/metal containers and bottles.