











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.