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 BRICKS TO KEEP FOOD COOL
USE A THERMOS TO KEEP FOOD WARM

This resource was developed and designed by the Health Promotion Service, Western Sydney Local Health District, with contribution by South Eastern Sydney Local Health District and Hawkesbury Shoalhaven Local Health District.