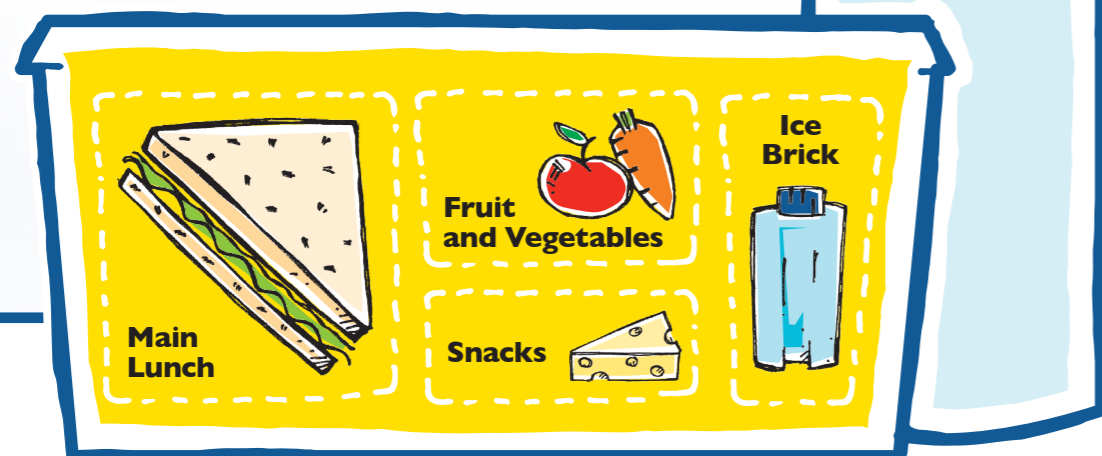


# What's in your Lunchbox?



## Top tips...

- Use a variety of **everyday** foods from the five food groups.
- Pack a main lunch.
- Pack some fruit and vegetables.
- Add some snacks – use your child's appetite as a guide.
- Leave out **sometimes** foods like lollies, chips and chocolate.
- Pack a bottle of water.
- Use an ice brick to keep food cold and safe to eat.

For more information:

[www.movewelleatwell.tas.gov.au/families](http://www.movewelleatwell.tas.gov.au/families)  
[www.dhhs.tas.gov.au/healthykids](http://www.dhhs.tas.gov.au/healthykids)

*This is a Healthy Tasmania initiative.*

## Main lunch ideas...



## Fruit and vegetable ideas...



## Snack ideas...

