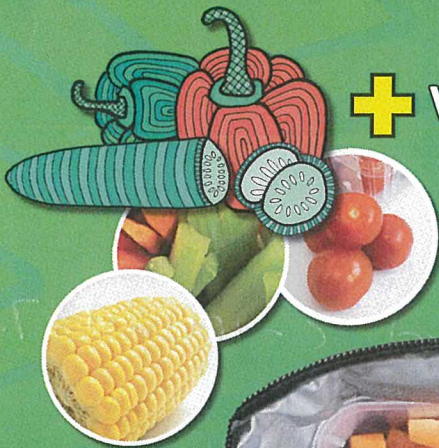


# Packing a healthy, deadly lunch box!



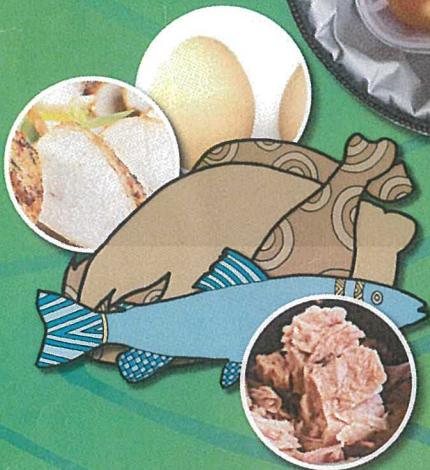
**+ VEGIES**



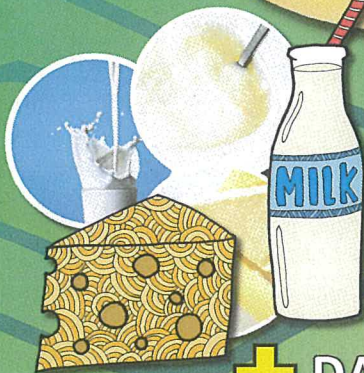
**+ GRAIN FOODS**

**+ TAP WATER**

**DON'T FORGET DIPS LIKE HOMMUS**



**+ LEAN MEATS AND PROTEIN**



**+ DAIRY**



**+ FRUIT**

Packing a healthy, deadly lunch box © VACCHO 2017



Victorian Aboriginal Community Controlled Health Organisation is the peak body for the health and wellbeing of Aboriginal people living in Victoria. | [vaccho.org.au](http://vaccho.org.au)  
Graphics by Shakara Montalto | Gunditjmarra



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