

## What makes a balanced lunchbox?

A balanced lunchbox is made up of everyday foods from the five food groups: grain foods, fruit, vegetables, dairy/alternatives and meat/alternatives. Eating a range of everyday foods will give kids energy to learn, grow and play!

Follow this guide for packing an easy everyday lunchbox:

Crunch&Sip®: 1 serve of vegetables or fruit

Recess: 1 serve of vegetables or fruit & 1-2 everyday snacks

Lunch: A meal made with everyday ingredients such as sandwich, wrap, roll

or leftovers

**Drink:** Water and/or reduced fat plain milk

Don't forget to pack an **ice brick** or **frozen water bottle** to keep food cool

and safe!





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Good for Kids acknowledge the traditional owners and custodians of the land that we live and work on as the first people of this country, and pay our respects to Elders past and present.