



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!

