NAQ Nutrition's guide for
Packing a School Lunchbox

1. A healthy meal that includes salad or vegetables

2. A healthy snack:
   - Yoghurt
   - Cheese & crackers
   - Homemade muffins
   - Homemade pikelets
   - Long life milk popper
   - Plain popcorn
   - Veggies & hummus

3. Fruit
   Make it interesting:
   - Variety
   - Cut up fruit
   - Fruit salad
   - Fruit kebabs
   - Fruit shapes

4. A water bottle

Keep it cool
Add an ice brick or frozen drink bottle.
Use in a cooler bag.

Plan ahead
Meals and snacks can be made in advance and frozen.

Get the kids involved
in packing their own lunch.

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