

The simplest way

... to get kids involved in packing a healthy lunch box.

Getting kids involved in selecting – from healthy choices – what they would like to eat at school means they are more likely to eat what's packed in the lunch box.



Visit healthylunchbox.com.au and use our **interactive lunch box builder** with your children to plan a healthy lunch box.

Kids can choose lunch box foods from the pictures in each of the food groups to pack a healthy lunch box they will enjoy.

To help you plan for the week ahead, saving you time and money, you can email or print the lunch boxes your children pack online along with **personalised tips and recipes.**

healthylunchbox.com.au