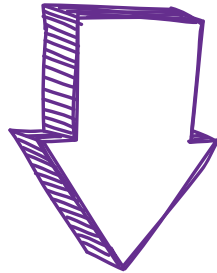


# SWAP FROM SOMETIMES DRINKS

## SWAP FROM...

Juice  
Cordial  
Soft drink



## SWAP TO - PREPACKAGED OPTIONS

Plain milk poppers (Devondale)  
Milk Alternative poppers (So Good)  
Water pop tops (6x 250ml bottle)

## SWAP TO - SOME PREPARATION REQUIRED

Freshly filled water bottles (add fruit and veg such as lemon, lime, cucumber or strawberries for flavour)  
1-3L reduced fat milk varieties  
1L milk alternative varieties  
(So Good, Sanitarium, Zymil, Vita soy, Liddells)