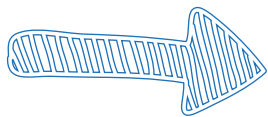


# Cost Comparison: Tips to save money packing a healthy lunchbox \$\$



The snacks in this lunchbox cost \$3.10  
Cost over a childcare year  
(48 weeks at 3 days a week)  
**= \$446**



Crackers & cheese dip = \$0.75 each



Juice popper \$0.82 per 200ml popper



Diced fruit snack in juice \$1.00 per 120g pack



Chips = \$0.52 each

✔ Still a healthy choice



Skip the juice and pack tap water \$0.00

✔ Healthy choice



Go fresh with veg and dip instead of chips \$0.30

✔ Healthy choice



The snacks in this lunchbox cost \$1.26  
Cost over a childcare year  
(48 weeks at 3 days a week)  
**= \$181**  
SAVE over \$250 a year or even more if your child eats these snacks every day!



Dice your own block cheese and rice crackers \$0.45 ✔ Healthy choice



Portion out bulk buy diced fruit in juice \$0.51 per 120g portioned out ✔ Still a healthy choice

