

Packing a deadly lunchbox



Dairy

Grain foods

Fruit



Vegies

**Lean meat
and protein**

Keep it cool
in the fridge
or with a
frozen water
bottle



**Good for kids
Good for life**



Strong swaps for strong kids



Swap



for



Swap



for



Swap



for



Swap



for



**Don't forget
the water
bottle**



**Handwashing
can stop
sickness**



**Good for kids
Good for life**

